

ARETE NEWSLETTER

WINTER 2013 ISSUE



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EDITORIAL

BY: VAGELIS ALEXANDRAKIS (GRE)



Dear Readers,

Welcome to the Winter Issue of the Arete Newsletter!

First of all I would like to wish you a **HAPPY, HEALTHY, ACTIVE** and **CREATIVE** new year! In this first issue of the Arete for 2013 you can find a very broad array of topics.

We look at the major sport & Olympic events that took place over the last three months and we bring you first-hand experiences from the IOC Olympic Education conference in Amsterdam, the European Youth Sport Forum in Nicosia and the Athens Classic Marathon 2012. Olympic education remains high on the agenda and we include articles presenting the work and projects of the National Olympic Academies/Committees of Greece, Serbia, Japan and Indonesia.

Heading to St Valentine's Day, we include a personal story of two past IOA participants who met in Olympia back in 2004 and got married in 2012. Read, also a couple of commentaries about how the Olympic torch relay has been bringing to light humanitarian issues over the years and about how sport can be a tool for peace-building in the Israeli-Palestinian conflict. As usual, in this issue you can find some « Olympic » news and opportunities, including some job opportunities. Find out, as well, about recent calls for proposals and relevant conferences and workshops that are to be held soon.

Lastly, save the date for the upcoming IOAPA session: 24 June-2 July 2013! Do not forget to remain **ACTIVE** within Olympism and contribute to the Arete NewsLetter! Make your voice heard, let us know about your work, a conference where you participated, a dissertation you are working on etc. Do not hesitate to contact me - I am happy to discuss any potential article for the next issue of the Arete Newsletter.

Enjoy your reading!

Vagelis Alexandrakis

Arete Newsletter Editor

PRESIDENT'S MESSAGE

BY: HECTOR ARGUELLES (ESP)



Dear IOAPA Memebtrs,

Hope you all have a great start into the New Year 2013.

Naturally the main project from our Association for this year 2013 is the organization of the 13th IOAPA Session at the IOA premises in Olympia. As you know the dates are already set for 24th June – 2nd July. Additionally, the IOA leadership has been kind enough to maintain the favorable conditions for accommodation and lodging during our stay in Olympia. We are expecting that many of you will be able to join for this week of Olympic Education and friendship in Greece.

Full details on registration process, program, costs, etc, will be coming in the next few weeks through the IOAPA mailgroup. We are also developing an FAQ document to help those of you that have never been to an IOAPA Session to make an informed decision about your attendance.

Welcome to yet another version of Arete. I think we are all grateful to Vagelis for increasing the frequency and breath of sections of our Newsletters without compromising quality. With this edition we launch a new design as well. Hope you enjoy the reading.

Warm regards,
Hector



IOAPA 2011 session

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IOAPA SESSION 2013 - RE-LIVE YOUR DREAM IN OLYMPIA!

24 JUNE 2013 - 2 JULY 2013

The IOAPA session 2013 is just around the corner. The dates are now fixed and **from 24 June 2013 to 2 July 2013**, you can go back to Olympia, meet again your friends and make new ones! Share your past experiences, acquire new ones and live again the Olympia dream!

Further information about the session and the registration process is to follow soon through the mailgroup.



HANS VAN HAUTE SCHOLARSHIP

If you are interested in participating in the IOAPA session, but do not have the financial resources, please consider applying for partial help from our Hans van Haute Scholarship Fund. Contact the chair of the fund if you are interested (and if you qualify) ~ see criteria below.

Hans van Haute Scholarship Fund Committee: Elizabeth ('Betz') Hanley, Chair; Hector Arguelles, Carolin Bischof, and Daniele Nati, members. Applications are due on or before **15 March** and decisions will be made by **24 April 2013**.

CRITERIA FOR SCHOLARSHIP APPLICATIONS:

- must be members of IOAPA as of 1st January 2013 (past IOA participants, coordinators, or lecturers)
- must demonstrate weak financial situation (e.g. student, member from a developing country, unemployed)
- must include a statement about financial situation and reason for applying for the scholarship (include personal character references)
- must include a presentation at the IOAPA session (what is this person doing in his/her country?)
- The application will appear in the spring Arete newsletter – in time for people to apply for the IOAPA session – application will be sent to the Chair of the IOAPA Scholarship Committee – **Elizabeth Hanley** (eah3@psu.edu) – for 2013.
- The recipient(s) will be reimbursed upon arrival at the IOAPA session by the IOAPA Treasurer.
- The amount of scholarship award(s) will be a portion of the travel expenses – to be determined by the limits of the IOAPA budget.
- The number of people to receive an award will depend on the IOAPA budget.
- In extenuating circumstances, a person who receives a scholarship one time may be allowed to apply again in the future.
- A scholarship will not necessarily be awarded for every IOAPA session.

CONTACT

Elizabeth A. Hanley, Associate Professor Emerita Kinesiology, Penn State University
Home: 114 Rainlo St., State College, PA 16801-7068
814-238-8124 ~ eah3@psu.edu

RUNNING THE REAL MARATHON

BY: KONSTANTINE MICHAEL TZIGOUNAKIS (GRE)

In an Olympic year, like 2012 was, the sports highlights and most memorable moments revolve around the Olympic Games. There is no doubt that taking part in the world's greatest sporting event is a truly remarkable feat for every athlete and a milestone for everyone involved in the Games, from the thousands of volunteers that make the games happen to the billions of spectators and viewers around our world, everyone remembers the Olympic Games for ever.



Probably the most intense moment of the Olympic Games comes last, but not least; The Marathon, or to be correct, the men's Marathon. A grueling race that spreads along 42.195 km and ends in a little bit over two hours for the victor. A race that has been held in all modern Olympic Games since 1896 in Athens when it was first introduced based on an idea for a popular race by Pierre de Coubertin's close friend, Michel Bréal.



Since that first Olympic marathon victory by Greek athlete Spyros Louis marathon races have gained great support and fame throughout the world not only from professional athletes but even more by amateur runners. Nowadays more than 500 marathon races are organized each year around the world but one race stands out for a very special reason. The Athens Classic Marathon which is held each November is the race that every runner dreams of taking part in at least once. Apart from the pros that aim to win, all amateur athletes that run a marathon have different goals set. Marathon running is more than just a race. It involves more than just showing up at the start and running 42.195 meters.

The history of the race's origin have created a somewhat mythical aura and is one of the main reasons for its success and popularity. The story has it that at 490 BC when the battle of Marathon against the Persians was won by the Greeks, a messenger by the name of Pheidippides was sent to Athens to give word of the victory. He ran the whole distance and collapsed upon his arrival being able just to utter the word *nenikekamen* (we won) before dying. Whether the story is fact or fiction it is undoubtably a great inspiration. Although the distance of 42.195 meters wasn't established by 1924, the course that was ran in the 1896 race has been since modified so that the last 195 meters of the marathon are run inside the Panathenaic stadium. So that's why it is called the Classic Marathon.

Everyone that has ever run a long distance race will tell you it is quite overwhelming. Emil Zátopek once said that "If you want to win something, run 100 meters. If you want to experience something, run a marathon." And that is exactly what running the Athens Classic Marathon is. An experience of a lifetime and in some points of the race an out of body experience.

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Although most recreational runners are amateur athletes, when it comes to marathon running everyone must be considered a pro. Running a marathon requires months of planning and training even if it takes you more than twice the time it takes elite athletes to do so. Apart from all the physical training it is important to mentally prepare for a marathon. That is what will make the difference when your feet are ready to quit on you with only 5K to go. A significant part of the mental preparation for the Athens Classic marathon is based upon the history and origin of the race. I believe that every runner that has ever raced from Marathon to Athens knows about the battle of Marathon and Pheidippides. And although only a hand-full of runners wear traditional ancient Greek armor, everyone feels like an ancient Greek runner eager to deliver the news of victory.



The starting point of the Marathon

You can see them before dawn at the starting line of the race. Some even carry shields and spears while others are barefoot. Those few hours before the race are different for every runner. Some listen to music while others stretch and warm up aiming for a personal best. At the starting grid everyone is anxious for the gun to go off and begin their journey towards Athens and feel like Pheidippides did 2501 years ago. That feeling gets stronger especially after the first 5K when the route passes around the Marathon Tomb, the burial grounds of the Greek fallen soldiers during the battle of Marathon. At every town and village the route crosses, there are spectators cheering and congratulating the runners which is a great moral booster given the fact that because the race goes around Mount Penteli the route has many uphills and downhills.

One would think that as long as there is a downhill following every uphill everything is fine, but as all runners now, that is the worst thing. It's not like being on a bicycle where you can ride effortlessly downhill. Running is different and that is one of the things that make the Athens Classic Marathon so hard. The hardest part of the race is near the 32nd kilometer when after a grueling 2K hike starts the descent and the sore feet. This is the point where many runners even pros quit. A marathon race is very energy demanding and even with the best of preparations and nutritional intake during the race something can go wrong.

Like in my case a dormant case of the flu which hit my halfway. It being my third marathon in a span of 18 months which also included a serious ACL knee injury I was hoping to improve my finishing time as I had in every race I had ran since 2011. After the halfway checkpoint I started to feel weird in the sense that although I wasn't tired or in pain of any sort, something was holding me back and I decided to focus on finishing the race even if that meant walking for a few kilometers. If there is any true to the story of Pheidippides dying after delivering the message I chose to believe that I had to cross the finish line no matter what. If that meant that it would take me a while longer then so be it. The most important thing is to finish a marathon. Delivering the message as Pheidippides did. If you don't finish you haven't delivered. It is that inner power and mentality that drove me to completing the race at my own terms and at my own pace.



Many say that the first 42K of the Athens Classic Marathon are just the warm up for a 195 meter sprint towards the finish line inside the Panathenaic Stadium. I have to say that that's probably true. Seeing the gathered crowd cheering and congratulating you for this achievement gives you that last boost to run full out for that last stretch and become part of history. A history connecting you with the soldier that ran the same distance 2501 years ago, and with Spyros Louis who did it 116 years ago.

It is only after completing a marathon that you can understand the greatness of what you achieved. A greatness that lies not in the finishing time but in the obstacles you had to overcome during the race and even before arriving at the starting grid. Finishing a marathon makes you feel great in many ways. It makes you feel like you can do anything you set your mind to. And you can. Because life isn't a sprint race. It's a marathon.

EUROPEAN YOUTH AND SPORT FORUM 2012: EVERYTHING AND MORE

BY: LIIS TAPASIA (EST)

The European Youth and Sport Forum (EYSF) was a 6 day event from 25th of November to 1st of December which gathered 83 young leaders from youth and grassroots sport organisations to discuss two key topics: Volunteering and Health, and how these themes could increase active citizenship. The participants were from 28 different countries, which made it even better linking experience for all of us. The event took place in Cyprus in the lovely city of Larnaca and was organised during the Cyprus presidency in the European Union.

My motivation to participate in such event was to meet old friends and make new ones, share my experience and get a lot of new ideas and motivation for further work. And in the end I got everything and more. But now let's have a closer look to that project...



EYSF 2012 presents: the future of Europe

This week was full of action, we worked from dusk to dawn and had a lot of fun doing it. During the first half of the week we had workshops on three main topics of the forum: health, volunteering and participation. The aim of these groups was to get to know the current situation in Europe in these areas and work on specific recommendations and actions to be taken to improve the current situation. As a result of these workshops and other actions carried out during the week we composed a Pink Paper Declaration which is designed to assist the European Commission, the Council of Europe, Non-Governmental Organisations and other stakeholders within the European youth and sport sectors in initialising and carrying on their decision making processes in sports and physical activity. Besides writing the declaration we had a lot of other activities going on as well. One interesting tool for linking was NGO market, where all the participants got a chance to present the work of their organisations. As I was representing Estonian Olympic Academy it gave me a great opportunity for introducing our project of school olympic games. Besides introducing my own organisation I got a lot of new ideas from others as well.

The second half of the week was about planning the future work in our local communities and also creating some Europe-wide projects and connections. From my point of view I can say that the Estonian delegation has a brand new project to work on as a result of that forum. On the 29th of November we were taken to Nicosia to discover Cyprus a little bit more. After sightseeing we had a meeting with EU Sports Directors where we were assigned to present our national projects to our country representatives.

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Our fruitful week ended with official presentation of our Pink Paper Declaration and the Collection of Best Practices to representatives of EU Sports Directors and other stakeholders. The participants commonly agreed that for creating a legacy of EYSF a Futures Group will be established. This means that this forum was only the beginning of further cooperation in the field of youth and sport in Europe. We all pledged to return to our communities, spread the declaration and start new projects developed during the forum.

Pink Paper Declaration: http://issuu.com/iscaoffice/docs/eysf_declaration/9

Collection of Best Practices: http://issuu.com/iscaoffice/docs/eysf2012_collection_of_best_practices



The IOA family

Besides making new friends and contacts EYSF was also a great opportunity for meeting some IOA past participants. In my opinion Panos Trikaliotis said it well in the last edition of ARETE, IOA really connects the world. This summer I participated in the session for young participants and I still have vivid memories and emotions from these two weeks in Olympia. It made me very happy to see Tormod Tvare and Matron Stroganov again. As soon as heard the forum will take place in Larnaca also knew I'm going to meet my Cyprus friends Antonis Lambrianides and Sofia Nefitou again. As we didn't have the sightseeing tour around the city scheduled in the program, they took us for a little tour around the city. When you have been in IOA you are part of the family, that statement got a lot of proof during the week. Besides our young participants there were a lot of master students from this years' programme and some from the previous programs as well. It was like a family reunion after all :).

In conclusion I can say that this week was everything I was expecting and even more. I got a lot of practical knowledge and fresh ideas. It was a privilege to meet so many different people from all over Europe and witness that we all think and act in the same way because we have a common goal – making Europe to move.



Our hosts from Larnaca in the middle: Sofia Nefitou and Antonis Lambrianides

8TH IOC WORLD CONFERENCE

BY: LEA VAN BREUKELN (THE NETHERLANDS)

From 25 to 27 November, the 8th IOC World Conference on Sport, Culture and Education was held in Amsterdam, The Netherlands. This Conference was organized by the International Olympic Committee in partnership with the United Nations Educational, Scientific and Cultural Organization, National Olympic Committee of the Netherlands and the city of Amsterdam. Over 500 delegates from the International Olympic Committee, National Olympic Committee, International Federations, National Olympic Academies, governmental and non-governmental organizations participated in this Conference. Dialogue sessions and presentations were held under the central theme “Olympism Powered by YOUth”.



The Conference opened with a canal cruise to the Opening Ceremony at the Maritime Museum in Amsterdam. The Opening Ceremony was a beautiful blend of art, dance and music performed by young Dutch kids.

At the last day of this Conference I had the honor to represent young people as a speaker in the dialogue session “Olympism Powered by Youth”. Together with eight other young people, including Dutch Paralympic Champion Marlou van Rhijn, we had a discussion on sport, culture, education and the empowerment of young people. I was asked to give a presentation on how the Olympic Values affected my daily life and about the future possibilities for young people in the Olympic Movement:

Three years ago I got involved in the world of “Olympism” when I was asked to represent the Netherlands at the 50th Session for Young Participants at the International Olympic Academy. At this Session I became familiar with the Olympic Ideals friendship, excellence and respect and I saw the true meaning of those three words. It was like a dream to see almost 200 people from 100 different countries with different languages, religions and backgrounds, becoming an “Olympic family” in just two weeks. Last year I lived and studied together with 29 other students from 22 countries for six months. By implementing the Olympic values in our daily lives we became a close group with great friendship. Not only did the values bring us friendship and fun but also created a great working and study environment. Thanks to these wonderful experiences I have seen that young people have great potential by using the Olympic Values in everyday life.

The founding father of the Modern Olympic Games, Pierre de Coubertin was just 33 years old when he became the president of the International Olympic Committee. De Coubertin revived the Olympic Games to educate young people all over the world. The Olympic Games are a celebration and gathering of all people, young and old, so to involve young people in decision-making is about shaping decisions benefitting their own future. Currently most of the decisions are made for young people on the expertise of adults.

We live in a globalized world and a fast changing society that is dependent on the skills of younger and older generations. To make organizations and governments more innovative and involved, we need to use the unique abilities and skills that young people have. Not only the Olympic Movement but organizations and governments in general, should invest more in the relationship with young people, to be connected and responsive to young people all over the world. This will build better relationships and creates greater values on inclusivity and representation.

The Olympic Movement recently has showed its commitment to young people by establishing the Youth Olympic Games and by the recommendation at the 7th IOC Conference on Sport, Education and Culture to involve young people at forums and conferences and in actions related to the implementation of policies and programmes, that concern them, at all levels of, and throughout, the sports movement.

As a team of young people, all involved in the Olympic Movement, we used this dialogue session to convince the current decision makers to involve young people in decision-making processes. At the end of our discussion an IOC member made a personal statement for the establishment of an IOC Youth Commission, so we kind of accomplished our mission!



The Conference was very interesting with presentations of Olympic Champions like Pieter van den Hoogenband and Sergey Bubka. IOC's International Co-operation and Development Director, Thomas Sithole closed the 8th Conference by reading the final Declaration. The Declaration contained a range of recommendations and commends including the progress that was realized by the engagement of young people and their engagement to promote the objectives of the Olympic Movement.

BEING A STUDENT AND A RUNNER IN OLYMPIA: A GREAT EXPERIENCE

BY: LAURA MOREIRA LEON (CRC)

At the age of 32, a shift in my life took place, when on June 16th, 2012, I received the confirmation letter for the Master Programme in Olympic Studies of the University of Peloponnese and the IOA. Suddenly, I realized that in a few months, I will be a master student in the Academy, living in Olympia for two months, was a dream come true, a really special moment for me.

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In that moment, came to my mind an important decision and purpose: train in Olympia to run the marathon, at the same time, study in the master programme, also, two or three hours each day, I had work meetings in skype with my actual work in the Costa Rica NOC.



I run since I am a kid, I also played volleyball in highschool, and I really enjoy practicing mountain bike, so, it was a really nice decision and challenge to train in Olympia, to study and work. I realized that can be tired, but I remembered that the only way to achieve special things is with effort and effort sometimes bring tiredness. So, I started the running preparation between my job and the master. I work as a sports psychologist in the Costa Rica NOC, with athletes and coaches. Also in my work, I was living a special moment, I was the sports psychologist of the Costa Rica delegation for the London Olympic Games. I spend almost one month in London, living in the Olympic Village, in there I started my training, fully motivated, full of positive energy, really happy and grateful because of the opportunities of life.

One month later, I arrived to Athens, and continue my training, I stay the first night in Panos Trikaliotis home boat, he was very kind and helped me with to do the bank money registration deposit. When I had the bank receipt, I realized that I was registred in the classical marathon, something I imagine to do someday, and there I had the opportunity, just in front of me, was great!. The first day of the master programme in Athens, I met Terrence, a friend from Canadá, that wanted to run the marathon too, the second day at 6:00 am, we share training on the Metropolitan Hotel gym, we were happy with the opportunity of running the marathon. That initial days of the master, we made visits to archeological sites and places around, then we arrived to Olimpia: was the beginning of a new experience, the inititation of our journey, as international students, and happy runners. At that time, other friends join to the challenge: Noemi from France, Ricky from UK, Mikka from Finland, Tatiana from Russia, Tatsuya from Japan, Angie from United States and our coodinador Evi Salepi from Greece, take their desition to run too, run the 10km race, the first race for most of them, a special moment in their lives.



Group picture after the event: from left to right: Tatsuya (Japan), Angie (United States), Tatiana (Russia), Noemi (France), Laura (Costa Rica), Ricky (UK), Terrence (Canada), Mikka (Finland), and Felix (Germany)

We started to train gradually, every body run on their own step and mileage, sometimes we run together, some times alone, everybody was preparing for the moment, for november 11th, enjoying the running, the place and the moment. In my own experience, I started running everyday, but then in my second week of training in Olympia, I get injured, my leg started to hurt, I felt like a tense muscle, that injury experience brought a lot of thoughts to my mind, especially the big question: if Im going to be ready and with out pain for running the marathon?

I find a lot of remedies in Olympia for my injury, I started with massage and ice, every day ice three times a day in my leg, then, days after, the pain continue, so I went to the pharmacy and take some pills. Later on, Umang, my friend from India, recommend me to try yoga (during the master programme, Umang gived yoga lessons on mondays, wednesdays and fridays at 6:00 pm), so, I started with the yoga lessons and gradually the pain in my leg dissapeared, It was a great sensation with the yoga, it is a good habit when you run, yoga helps you a lot, was a big learning that the injury brought.

Thanks to yoga, I started my running training again for the marathon. Everyday was different, different routes, mileage, climate, time. It was simple amazing running In Olimpia, it is a magical place to run! Every day I tried to run in the street near the ancient site, and when I was running, I tried to imagine those times, the history we were learning in lessons, trying to imagine it nowadays, the stadium, the temple of Zeus, the games, the athletics, the crown. I never felt too tired to stop running, I always wanted to continue, was really nice and funny to run in Olympia. I run to Flokas town, to the Olympia teathre, to Platanos, to Linaria, and to many villages and beautiful places, with olives trees, dogs, goats and nice people that always said good morning (καλημέρα).



The days were passing, and we all were studying and practicing sports, the other classmates that did not run, played basketball, volleybal, yoga or walk, was really unforgettable moment, all these special people, together, practicing sport and studing, a lot of knowledge to listen and share. We had modules every two weeks, the exams were on Saturdays, the time was flying between the running, study and hanging around.

Finally the day of the marathon came, the day of running the 42km, I felt prepared, my goal was to enjoy the race, trying to effort in every step, and never stop running. The Marathon was on a Sunday. The day before we had an exam on the philosophy module, with Jim Parry and Irena Martinkova as professors. So, the days before we studied a lot, and we also prepared for the Athens trip and race. We were 11 students leaving the Academy that weekend, three taxi cabs took us to Athens. We went to pick up our pin number, in the expo realized in the Zappeon building, we were there, all excited, a lot of people, runners, and movement.



The day of the marathon, started really early, I wake up with good sensations in my body and mind, at 5:30 am a taxi cab took Terrence and me to the Sintagma Square in Athens, then a bus of the organization took us to Marathon, during the bus ride I was feeling very exited, the moment came, the time to run, I was happy to be there with Terrence, my running friend, the one who knows what is to run more than 40km, and the training that it takes.

We arrived to Marathon! The town was full of runners, the weather was little cold, everybody was running with a plastic bag to get warm. We search for a nice place to stay until the final call. We found a nice tent near the soccer field, the shelter where the players and coach stay during a game. The place was comfortable, and we had time to eat and rest, until the start of the race. Later on, we started the warming-up and took the clothes to the DHL trucks (the trucks would take our clothes to the finish line in the Panathenaic Stadium), and prepared ourselves for running the 42km. Finally 8:40am, the starting call for the race, the numbered blocks arranged the runners by registration time, The elite runners, the block 2, for the fastest, and then...my place: Block 5.

A lot of runners in the start line, some of them stretching, others talking, people around, everybody waiting for the start whistle, some globes, music and the Mayor of Marathon starting speech. I started running with a big sensation in my heart, I just start running, with out thinking in time, I just move with all the wave of runners, everybody was trying to find their own pace. A lot of spectators were located near the route, everybody claping and cheering, some boys and girls were given the runners a little branch, representing the tradition of athletics in Greece, remembering the runners that we were in a special place for history of athletics and sport. I grab a branch in the kilometer 5, put it in my head, and I run all the marathon with it. It was a special leave for me, symbolizes, all the studies, lectures, professors and friends in the IOA, everything was connected. Step by step the kilometers appeared 5km, 7,5 km , 10 km, every 2, 5km a water station, assistance, sponges, was a great marathon, fully organized. Then, near the kilometer 15, I started to see the runners stop to ask the doctors the famous “spray”, that was a kind of local anesthesia to deal with the muscle pain, every 500 meters you saw the doctors, dressed in red, with the spray in their hands, and runners asking for it, in the knees, in the legs, in the whole body. When I analize the situation, I thought that I have to focus on my own step, to not get exhausted or feel muscle cramps, the course was hilly, and that can be really tiring for the muscles. I just focus on running my own pace, trying to find the balance between the effort and the over effort, avoiding the waste of energy, and the pain thoughts.

I continued running, trying to enjoy the experience and give my maximun effort, kilometer 31... 35, people all around, clapping, music, kids, kilometer 40, almost there! It was amazing, I was running in Athens, and finally the Panathenaic Stadium, the final steps, and my friends!! It took me 4 hours and 13 minutes! It was amazing, the organization, the challenge and the moment.

Later on, I find my friends from the Masters! We were all happy together, everybody finished their own goal, we were all champions, no matter how many kilometers we had run or the time we made. Just finishing the challenge was a magical moment.

Finally my big learnings after the running experience in Greece:

- Practice yoga is good for your body and soul.
- Explore places with your own feet, make your own discovery of villages by running its an amazing sensation.
- You can do both, study and run.
- Your friends and the people that support you are always in the finish line.

MY EXPERIENCE WITH THE HELLENIC NOA: TEACHING “FAIR PLAY” AND OLYMPIC VALUES

BY: SOFIA PAPADOPOULOU (GRE)

During my sailing preparation for the Olympics of London 2012, I decided to apply for the IOA Masters programme. I felt very honored when I found out that I was selected for the 3rd version of this Master's Degree Programme (2011–2012).

After one year full of great memories studying in Olympia, in September of 2012, I was asked by the National Olympic Academy of Greece to take part in its far-reaching project, named “FAIR PLAY”.

As part of this project, “sport days” were held across Greece, seeking to promote Olympic values, sportsmanship and encourage young children to engage in an active lifestyle. A number of high-level athletes were selected to participate in the project as instructors. As an Olympic medallist (Beijing 2008 – sailing) and physical educator, I was also one of the athletes who were selected to be present in these “sport days” as instructors and introduce the Olympic values as well as sailing to young students.



The first in 2012 and fourth in total “sport day” was held in June in Gytheio with the participation of 1500 students. During this event, a special tribute was made to the Olympic Games and to the Olympic Medalist Charilaos Vasilakos (second Marathon runner in Athens in 1896 and a local for Gythion). Four meetings followed in November, in Trikala, Karditsa, Volos and in the island of Corfu, with the participation of thousands of students of primary and secondary education, their parents and the public, where the Olympic Ideals and values were spread to the participants’ hearts through sports training in the most lively way.

Beyond myself, a number of well-known elite athletes also participated as trainers, such as: Pyrros Dimas (4 times Olympic Medalist in Weightlifting), Nassos Galakteros (International Athlete in Basketball), Hara Kariami, Maria Georgatou, Irini Aindili (Olympic Medalists in Rhythmic Gymnastics), Virginia Kravarioti (Olympic Medalist in Sailing), Fani Psatha (Olympic Athlete in Wrestling), Vaso Vougiouka (Olympic Athlete in Fencing), Vasilis Kollaros (Olympic Athlete in Wrestling), Natasa Tsakiri (Olympic Athlete in Weightlifting), Stergios Papachristos (Olympic Athlete in Rowing), Dimitra Mamlou (National Champion in Rowing), Vaggelis Cheimarios (National Champion in Rowing), Alexandros Daphnis (National Champion in Rowing), Michalis Kouskouridas (National Champion in Rowing), Zoi Paraskevopoulou (Youth Olympic Medalist in Archery) and Olympic coaches as Thanasis Piniaris (Sailing), Giorgos Kourkoumpas (Rowing) and Thomas Liapis (Archery).

The “Fair Play” Sport Meetings are designed on two axes: competition and education. In this way “Fair Play” was presented to students not only as a part of sporting competitions, but also as an attitude and daily behavior. The Hellenic Olympic Academy, in a difficult period for our country, has set high objectives, with an emphasis on children and youth, teaching Olympic Values and the “Fair Play”. It was a fantastic experience, indeed! I had the chance to help students find out more about the sport of sailing. Even if the training took place out of the water, students learned the basic winds with specific nautical terminologies and got to know how to tie some sailors knots by themselves. What they liked the most was the game of “fast knots”. Divided into groups, they had to tie within a certain time framework as many knots as possible. They loved it! – especially when their team won!! Each team received a prize and in their eyes I could see the enthusiasm about the whole process. . The other athletes-instructors got exactly the same feeling when they got to introduce their sport to the students.



In terms of objectives, me and my teammate, Virginia Kravarioti, tried to teach the kids to work and cooperate efficiently together, as we have been doing and, secondly, to teach them the Olympic Value of “Fair Play” through our sport and how we have tried to implement this value throughout our sports career..

Furthermore, the project sought to raise awareness about the Olympic values and fair play, in particular, to highlight issues like the environmental protection and sustainability through sport and to contribute to the fight against doping and violence in sport.

Personally, I was totally delighted to see all these kids so happy and excited about a sport that is not so popular! They really wanted to learn and understand the Olympic values and I think that after this process, they will have the right sport basis to start and will in general engage in an active lifestyle as individual persons in their life.



It was, in fact, an amazing experience for me; it was my first time participating in such a big event with so many kids, after the Olympics of 2008 and I hope to be given the chance to participate in similar projects in the future with the NOA of Greece.

SESSION OF THE JAPANESE OLYMPIC ACADEMY (JOA)

BY: NOBUKATSU SUGINAMI (JAP)

Hello, My Olympic friends around the world!

I'm Nobukatsu SUGINAMI from Japan Olympic Academy (JOA) and I'm a student of Tokai University in Tokyo. And I participated in "52nd IOA International Session for Young participate" this year (2012).

Our academy held "The 35th JOA Session and The International Conference for the Olympic Education 2012" from 1st to 2nd December, 2012. The session was made up of two parts, the 1st day: Pre-seminar "The Practical Lesson of Olympic Education" and the 2nd day: Lecture "The History of and Issues Regarding Japanese Female Athletes" and Conference "Olympic Education".

On the 1st day, the lecturer was Ph.D. Paraskevi Lioumpi from Greece, who is a lecturer of IOA. And the coordinator was Mr. Taro OBAYASHI, who participated in 2011-2012 IOA master's programme. 25 participators and 56 visitors attended it. First, Dr. Lioumpi lectured on Olympic Values : "Fair Play, Joy of Effort, Balance between Body Will and Mind, Respect for Others and Pursuit of Excellence" for less than 40 minutes which was based on the IOC Olympic Value and Education Program toolkit. Later, five groups, including one high school group, one Chinese group, two under graduate groups and one graduate group, studied each topic by WEB and OVEP toolkit for less than 100 minutes.

High school student group presented "Fair play". The presentation was very hard for them because, their English was not good enough. However, I thought they were able to do it quite well. There are two reasons for their good presentation. First, they had a good coordinator Ms. Kawabe. She guided them well. Second, they asked questions and answered them by themselves. Why important is fair play for our life? What kind of situation requires fair play? Their opinion and thinking were based on their daily life. I thought they understood well why we need "fair play" through their experiences and studies. I guess most of Japanese schools do not provide Olympic Education but some subjects have good effects as Olympic Education.

In addition, other groups tried to make good presentations. One group performed a role play "an Olympian and a Reporter", where they talked about Pursuit of Excellence through his Olympics experience. After the pre-seminar, Dr. Lioumpi said "I'm glad to have a lecture in Japan. And I'd like to cooperate for JOA's activities positively in various ways. In addition, I'll introduce in my study Japanese practical efforts for young generations."



The 2nd day, Lecture and Conference were held. I could not join them, so this part is only basic information. The lecture was given by Dr. Robin Kietlinski from U.S, who is Ph.D. in City University of New York. She lectured about “The history of and issues regarding Japanese Female Athletes”. She said the object of the lecture is to shed light on the important contribution of women to Japan’s rich sporting history, and to complicate an often-simplified of females in Japan.

Five people spoke at the conference. They spoke about Olympic Education at Elementary School, High school and Special Needs Education for the Physically Challenged, Anti-doping Education and Female Athletes and Olympic. A speaker is Mr. Inoue who is an elementary school teacher. He said “I had a good opportunity presenting about my effort for the Olympic Education for some visitors including Dr. Lioumpi and Dr.Kietlinski. And I learned how to make good efforts from the session. The most interesting thing is curriculum of the Olympic Education. The curriculum have been made and offered between Greek Elementary schools and Japanese Elementary schools. In addition, Japanese schools have cooperated and exchanged between Elementary, Junior High and High schools in Japan. I hope some efforts will include my Olympic Education classes near future. “

We discussed the current Asian Olympic education based on issues and situations on last session in 2011. We started pre-seminar for the first time which was based on our previous session. I think the session was successful because, we provided a good opportunity to learn Olympic Value in English for young people. Most Japanese people do not have an opportunity to learn something in English. I think leaning in English is necessary for Japanese Olympic education. And Japanese speakers reported they how to educate in their classes, we were able to share the latest way of Japanese Olympic education.



“All speakers, Dr. Kietlinski, Dr. Lioumpi and Coordinators in the photo on 2nd day.”

Japanese Olympic education is not enough for young generation. Now, Tokyo is a candidate city of Olympic games in 2020. I think Japanese Government, Japanese Olympic Committee and academy should cooperate and promote Olympic education more in near future. I hope Olympic education will give us and our Olympic friends better effects.

Thank you for reading.

THE ACTIVITIES OF THE SERBIAN NOA

BY: NATASA JANKOVIC (SERBIA)

The Olympic Academy of Serbia together with the Foundation of Sports and Olympism organized numerous activities in 2012, out of which EcOlympic Games, Exhibition “Moments to remember: Olympism in Serbia 1912–2012” and P&G Youth Sport Camp were the most popular.



The main goal of EcOlympic Games was to increase support to the National Olympic Team, sharing the importance of the Olympic values and building the ecology awareness. Through this program different educational workshops were organized weekly in more than 20 schools in Serbia where children learned about the Olympic values, champions' stories, as well as how to protect environment. Children also had the opportunity to meet members of the Serbian Olympic Team as well as to learn English through number of Olympic English language workshops which were implemented in the cooperation with the British Council. The program was accepted very well among youth. More than 7000 children took part and great results have been achieved in terms of spreading Olympic ideas and promoting Olympic Values.



Exhibition “Moments to remember: Olympism in Serbia 1912–2012” was organized from 16th July to 28th August 2012 in the Museum of Yugoslav History in Belgrade, Serbia in the light of the XXX Summer Olympic Games in London 2012. The intention was to mark one century since the Serbia took part at the Olympic Games for the first time.

This important jubilee represents an opportunity to portray history of the Olympic movement in Serbia, as well as the genesis of modern Olympism as a unique phenomenon of the modern age, still sharing ideals of its founder Baron Pierre De Coubertin.

The most important exhibits from the collection of the Foundation of Sports and Olympism – Olympic Museum and the Olympic Committee of Serbia were on display, since the establishment of Serbian Olympic Club in 1910 by Svetomir Djukic, to Serbia’s first participation at V Olympics in Stockholm 1912, first medal won in Paris 1924 and all the way to the successes of our athletes in Beijing Olympics.



Through glory moments, true Olympian stories, memorabilia and educational workshops more than 5000 visitors from Serbia and abroad learned about the history of Olympism in Serbia, Olympic movement and best Serbian Olympians. Special guest of the exhibition was Mr. Athanassios Kritsinellis with his collection of 22 Olympic torches of the Summer Olympic Games from 1936 – 2012. The torches represented unique part of the exhibition.



In cooperation with the company Procter & Gamble a Youth Sport Camp has been organized from 19th to 26th August 2012 in Kucevo. The main idea of the camp was youth development through sport as well as acknowledgment to the mothers through the campaign “Thank You Mom” since behind each successful athlete stands successful mom. During the camp 100 school children from all around Serbia had the chance to meet, talk and play with Olympic athletes. Children learned basics of basketball, football, volleyball, handball, swimming and waterpolo. They also learned about healthy lifestyles and Olympic values through interactive workshops.

VOLUNTEERING FOR THE INDONESIAN NOC

BY: IRHAM PRADIPTA FADLI (INDONESIA)

Our passion with sport, peace, and Olympic, was the main reason why we are here together as volunteers at Komite Olimpiade Indonesia/KOI (NOC Indonesia) . At the same time, we realize that doing this activities means need a time management because on the other hand, we have an activities as student or employee. But we feel that we are “a few selected people” who get honor to run the duty as a volunteer of NOC Indonesia.



This article will give a description of what we've been doing since 2011. Why since 2011? Because NOC Indonesia just reborn at 2005 while the original one was formed at 1952. At NOC Indonesia, we are attached to Olympic Culture & Education Commission. But in effect, if any other commission asks for help, we just do it with pleasure. After having been selected as volunteers, we went through a Training Course. 20 out of 40 candidates were finally selected. But the process that would decrease the number of volunteers is the natural selection. Why? Because, as a volunteer, you just help without receiving any salary or pocket money. Also, it is difficult for people who have already a job to spend time organising and attending our events on top of their professional responsibilities.

We have domestic and international activities. Regarding the international activities, NOC Indonesia sends their participant to international sessions (NOA for Young Participants Session which held by Olympic Council Malaysia (NOC Malaysia) & IOA for Young Participants Session, every year since 2009). The selection for those events is based on our performance as volunteers throughout the year. In addition, the volunteer who had been sent to those event, is not to be sent for a second time. So, approaching the events, it is the time for NOC Indonesia to launch a call to everyone who would like to join us.

The other international activities are when Indonesia became a host for international multi event games. In November 2011, Indonesia (in Palembang & Jakarta) hosted the 26th South East Asian Games (Sea Games). All of us had a duty based on the appointment made by Indonesia Sea Games Organizing Committee (INASOC). Some of us stayed at the NOCs office, and some others worked as Liaison Officers (LO) for VIP's guest.

Domestic activities are focused on how to spread the Olympic Values widely at a national scale. Indonesia is a big country that consist of more than 17.000 islands, 34 province, and almost 250 million people. So NOC Indonesia has often to fly out from the main office in Jakarta. Olympic Culture and Education Commission has several programs every year. One of the programs is to differentiate between the facilitator for Olympic Values seminar based on the participants. We run seminars at schools, univesities, sports federations and at the Ministry of Sports. In the seminars at schools and universities, it is (the volunteers) who act as facilitators.

The Commission also often holds Sport Administration Courses in various cities in Indonesia. The participants are local sport federation officers, local ministry of sport officers, and some a local universities students with an interest in sport. In this seminar, our duties as volunteers help the facilitator in technical things, such as, preparing the projector, burning all material that had been presented in to a CD, printing the certificates for the participants, making a data base of participants with some "fresh/young" design, etc.

As mentioned when the NOC of Indonesia holds Olympism Seminars at schools or universities we are present as facilitators. However, till now but these seminars are only taking place in the area around Jakarta. There are two recent activities that we've taken care of. First: supervising the University of Indonesia Olympic Games. This is an internal competition. Participants come from all 13 faculties, competing in almost 15 games, with the opening & closing ceremony, and are held within a month. This internal games, actually has become an annual event for the last 11 years. The NOC of Indonesia started supervising this event 2 years ago when an MoU was signed between the two organisations. As volunteers of NOC Indonesia, we are helping the organizers to run the Olympism Seminar, helping to make a good proposal and give information about which companies are the official sponsors of NOC Indonesia & IOC, so they could send their proposal to the those companies. One of their good achievement is the organizer was convincing the Commission of Sports for All to hold the Olympic Day as the main event at the closing ceremony of University of Indonesia 2012 Olympic Games.

We also help the running of the lectures of the module "Olympic Values", addressed to young students of Physical Education in State University of Jakarta. For almost one semester, every Wednesday, we were assisting Mr. Sony Teguh Trilaksono to prepare hus lectures for three different classes. At late November, we held a closing event which highlighted the end of this module for this semester. The event took place at the National Scouts Garden in Cibubur. There are some materials that waere-given to the students, and we got an opportunity to present our volunteering experience: "Volunteering for Your Better Life". Our presentation was welcomed by the students, especially when we played the video that we prepapred specially for this event. Much to our surprise, Mr. Mood Dae Sung (IOC Member), appeared in the event and delivered a short speech to motivate all participants to become good ambassadors of Olympism. As we all know, he is the Korean Gold Medalist in Taekwondo in Athens 2004 Olympic Games.

So that's the little story of our activities as a volunteers of NOC Indonesia. We have some seminar/ events/games ahead, so wish me luck. Hope this article will motivate everyone who read it. Last not least, being a volunteer never make us a rich people, but sure we are rich from all positive things, from networking, experience, and knowledge that we never expected before. VIVA OLYMPISM!!!

The Member of Olympic Culture & Education Commission of NOC Indonesia

1. Dr .Rita Subowo, SE (President of KOI/NOC Indonesia)
2. Dr.Sony Teguh Trilaksono , M.Ed, MBA (Chief of the Commission)
3. Ir. Djoko Budiono (Member of the Commission)
4. Drs. Sudrajat , M.Pd (Member of the Commission)
5. Dra. Neneng Nurossi Nurasjati,M.Ed (Member of the Commission)
6. Volunteers
 - Dyah Ayuningtyas, S.Pd
 - Irham Pradipta Fadli , S.IP
 - Fandi Ahmad , S.Pd
 - Gilang Vega, S. Pd
 - Fasiola Yudhianto, S.KG
 - Melanie Nababan, S.Pd

IOA CONNECTING PEOPLE

POEM BY: PANOS TRIKALIOTIS (GRE)

*For those who know and those who'll go,
the IOA will make your soul.*

*You'll run, you'll laugh, you'll share your view,
it's about your country, your culture, but also You.*

*You'll love, you'll smile, you'll feel so blessed,
enjoy the moments, forget the rest.*

*In groups and teams, you'll learn a lot,
keep spreading the message and go on.*

*Olympism you'll see, is a way of life,
just make it yours, enjoy the ride.*

*Around the earth you'll have a home,
a bed, some food and so much more.*

*The values you get and friends you make,
are priceless indeed, no matter what they say.*

*I'm Greek and you from somewhere around the globe,
So what? The IOA connects the World.*

THE PALESTINE-ISRAELI CONFLICT AND THE ROLE OF SPORT

BY: YOAV DUBINSKY (ISR)

The first siren in Tel-Aviv caught me on my way to cover the Euroleague basketball game between Maccabi Tel-Aviv and Malaga. Tel-Aviv is very much considered as a bubble here in Israel, the political situation and the Israeli-Arabic conflict rarely got here in the past years. The conflict doesn't define the city. Tel-Aviv is more about culture, the beautiful beach, the night life, international concerts, and of course sports. Thursday nights in Tel-Aviv have always been "Euroleague Nights". And that siren just blew up that bubble. It returned us to the first Gulf War when Tel-Aviv was bombed by Iraqi Scud rockets and the daily sirens and alarms and to the mid 90's and early 2000's with the exploding buses and coffee shops. During my military service I was never the bravest soldier (and I take pride in that), but no rocket will stop me from covering any sport event. I've covered many intense competitions (including the Athenian derbies in football and basketball between Olympiakos and Panathinaikos), and it wasn't even an option not to go the game.

There were four rockets launched at Tel-Aviv during the latest escalation. During two of them I was sleeping, one while I was going to the basketball game and one while I was visiting my parents on a Saturday afternoon, to watch football with my father and brother. About 30 minutes after the sirens went on and missile was intercepted, a football game in Tel-Aviv between Maccabi Tel-Aviv and Bnei Yehuda started. The fans, players and coaches that just a few minutes ago had to take cover, had to do a quick switch in their minds and play sports. Most of them thought that this was an outrageous decision that risked many lives.



It was a bit surreal to have the conflict coming here, just a few days after hosting one of my best Olympic friends, Julien Buhajezuk (France). Julien and I have been very good friends during the first IOA Master Program and although we chat a lot on Facebook, it's the first time we've seen each other since leaving Olympia. He came as part of his job at the Universiade (FISU) to supervise a weightlifting competition in Eilat, a resort city in the south of Israel. But he arrived a few days early to stay with me in Tel-Aviv. I showed him the city, took him to see Jerusalem and the holy places and even to a football game in the Israeli league. His reaction was that Tel-Aviv and Israel were nothing like he expected and watched on TV. I got a similar reaction from another IOA friend of mine, Kristina Koch (Austria) from the International Ice Hockey Federation who came to Israel in early December a few weeks after the ceasefire was declared. She was more interested in local food, so we went to each a local pita with Shawarma, Humus, chips and salad and then a "Sufganiya", which is a traditional pastry that we eat here around Hanukkah.

Tami Hay is the director of the Sports Department in Peres Centre for Peace. We did our BA together in Political Science in Tel-Aviv University and due to our involvement in sports we stayed in contact. They use sports as a tool to promote peace and unite Israeli and Palestinian children. They have all sorts of activities, some even international. I really recommend you to take a look at their web site: http://www.peres-center.org/sport_current . During the conflict and of course after, Tami and her department never stopped organizing events and seminars to bring children from both sides together. I had a chance to participate earlier this year in a conference that was held in their centre regarding the wellbeing of children and sports. I talked about Olympic education and Olympic values and how they can help our very sick society. What they do there is maybe a drop in the ocean, but it's extremely important and shows that the hope for peace is still alive and the use of sport can help the solution.



So far, touch wood, the ceasefire holds. Life is more or less back to normal here in Tel-Aviv, I'm writing these lines on a Thursday morning, knowing that in the evening I'm going to cover another "Euroleague night", this time Maccabi Tel-Aviv against Alba Berlin, the last game of the first group stage, before moving on to the Top 16. Last week Alanis Morisste performed here, the draw for the 2013 U21 UEFA European Championship was held in Tel-Aviv, so we're more or less back on track here. Regardless of any political views, I want to thank all you dear IOA friends who were concerned about me, my family and friends. Some of you have been chatting with me on a daily basis and lifting my spirit. Your love will never be forgotten. You are all always welcomed in Tel-Aviv.

OLYMPIC TORCH RELAY AND HUMANITARIAN ISSUES

BY: VAGELIS ALEXANDRAKIS (GRE)

The Olympic Flame or Olympic Torch is a symbol of the Olympic Games. Commemorating the theft of fire from the Greek god Zeus by Prometheus, its origins lie in ancient Greece, where a fire was kept burning throughout the celebration of the ancient Olympics.

The fire was reintroduced at the 1928 Summer Olympics in Amsterdam, and it has been part of the modern Olympic Games ever since. In contrast to the Olympic flame, the torch relay of modern times which transports the flame from Greece to the various designated sites of the games had no ancient precedent and was introduced by Carl Diem at the controversial 1936 Berlin Olympics. Eversince, the Olympic torch relay has become an institution and an integral part of every version of the Olympics. As such, due to the worldwide attention it is generating, on many occasions it has been used as a tool to covey messages or bring to light humanitarian issues.



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In a Europe sorely afflicted by the war, the 1948 relay carried a welcome message of peace. The first runner, Corporal Dimitrelis, took off his military uniform before carrying the flame out of respect for the sacred truce observed in Ancient Greece. The planned route highlighted border crossings, where festivities were organised to celebrate the return of peace.

The 2000 torch relay had the objective to pass another message. The relay had the goal to promote the culture and heritage of Australia and neighboring countries. The torch relay visited 12 Oceanic countries before it arrived in Australia. The start of the relay on the Australian continent was in the “red centre” at Uluru, a sacred site for the indigenous population. The aboriginal athlete Nova Peris-Kneebone, Olympic field hockey champion, was the first runner in the relay. One million spectators welcomed the arrival of the flame in Sydney. The indigenous athlete Cathy Freeman, the last torch-bearer, lighted a circle of fire in the stadium. Her selection symbolised the contribution of indigenous communities to elite sport.

The Athens 2004 Olympic torch relay –known as the relay of cultures– made a world tour and embraced all cultures and all five continents. Its light sought to remind the world of the Olympic ideals such as participation, fraternity and peace. For the first time in history the Olympic torch relay brought the flame to Africa and Latin America. The torch relay's trip around the world highlighted various humanitarian issues. In Cairo, a victim of an anti-personnel mine carried the flame. HIV-positive South African Musa Njoku was nominated by UNAIDS to participate in the torch relay in Cape Town. Nine years earlier, Musa was one of the first South African women to publicly disclose her HIV status at a time when the stigma and discrimination associated with HIV/AIDS could have resulted in physical harm and even death.

Activists protesting about China's human rights took advantage of the Beijing 2008 torch relay to raise awareness of their causes. In Istanbul, London, Paris, San Francisco, and New Delhi protesters chased torch bearers, attempted to extinguish the torch, and clashed with police, which resulted in dozens of arrests. The torch was guarded by 3,000 policemen in Paris, but it was extinguished several times and the designated route was cut short to prevent further aggression.



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The London 2012 Olympic Torch Relay helped shine a light on the whole of the UK – from dynamic urban areas to places of outstanding natural beauty. Torchbearers carried the flame through more than 1,000 cities, towns and villages in the UK. Among the torch bearers, there were twenty young people from London 2012's International Inspiration programme. One young person from each of the 20 International Inspiration countries was selected as a torchbearer and carried the flame. The International Inspiration programme brought to life the promise made by the London 2012 bid team to reach young people all around the world and connect them to the power of the Games so they are inspired to choose sport.

OUR OLYMPIC WEDDING

BY: GABRIELLE MIFSUD (MALTA) AND PATRICK HUG (SUI)

The International Olympic Academy Young Participants Session of 2004 is a time we will always remember with great joy. Not only did we make friends from all over the world, but we, Gabrielle Mifsud (from Malta) and Patrick Hug (from Switzerland) met for the first time. Following the time in Greece, MSN Messenger accompanied us for months, we kept in touch with friends all over and most of all the two of us spent hours chatting on a regular basis.



Our first picture together at Zaharo Beach during the IOA Young Participants Session 2004



We saw each other again at Christmas time in 2004 and attended the IOA Winter Reunion in Innsbruck, Austria, in January 2005. We had been together through three and a half years of long distance relationship before in 2008 Gaby moved to Switzerland.

Together we keep our little Olympic flame glowing and on the 14th of July 2012 we got married in Malta, accompanied by two of our IOA friends Paul Cardona (Malta) and Hannah Juneau (Canada). We would like to share our joy with all our fellow IOA friends and hope that soon we will see you again and spend more memorable moments together.

Gaby & Patrick Hug

At the IOA Winter Reunion – Innsbruck, Austria 2005



On our wedding day, 14th July 2012. From left to right: Paul Cardona (Maltese representative 2004), Gabrielle Mifsud (Maltese representative 2004), Hannah Juneau (Canadian representative 2004) and Patrick Hug (Swiss representative 2004)

NEWS

AMSTERDAM DECLARATION

The Amsterdam Declaration was tabled by International Olympic Committee (IOC) Commission for Culture and Olympic Education Chairman Lambis V. Nikolaou at the closing ceremony. It contains a set of recommendations that refer to a range of topics including the important role of the athletes' entourage, next year's fifth UNESCO World Sport Ministers Conference (MINEPS V), social media and educational programmes for athletes.

Among the action points contained in the Declaration, the participants called for making it an obligation for authorities to include values-based education and physical education in school curricula; for using of all types of media to send messages on sport, the Olympic values, education and healthy lifestyles as enshrined in the IOC's Youth Strategy; for supporting the introduction and enhancement of educational programmes for athletes which equip them with employability skills necessary for their post-high performance careers; and for working with public authorities to protect sportspersons

Read the full text here: http://www.olympic.org/Documents/Conferences_Forums_and_Events/2012-amsterdam/World-Conference-Declaration-v2.pdf

DR. ISIDOROS KOUVELOU RE-ELECTED

Mr Isidoros Kouvelos was re elected President of the International Olympic Academy for the years 2013-2017

DISTINCTION FOR THE IOTF VICE - PRESIDENT, FANI PALLI-PETRALIA

The co-Vice-President of the International Olympic Truce Foundation, Ms. Fani Palli-Petralia, was awarded with the title of Honorary Doctorate of the Department of Sport Management at the University of Peloponnese, Greece.

Prof. Constantinos Georgiades, Vice Rector of the University of Peloponnese, and Prof. Constantinos Mountakis, Chairman of the Dept. of Sport Management, presented the award to Mrs. Palli - Petralia in recognition of her contribution in sports and olympism, both in Greece and internationally.

DISTINCTION FOR EYOF INITIATOR JACQUES ROGGE

Dr. Jacques Rogge, president of the International Olympic Committee (IOC), was appointed Commander of the Order of Orange-Nassau. Minister Edith Schippers (Sports) gave him this distinction during the IOC World Conference that took place in Amsterdam. In 1991 Jacques Rogge initiated the Youth Olympic Days, which grew out to what is now the European Youth Olympic Festival (EYOF).

Rogge was awarded the royal distinction due to his global contribution to sports. Minister Schippers: "After your active sports career, you didn't turn your back to the sporting world, but stayed involved with many sports organizations, resulting in the position at the IOC that you have fulfilled for the last eleven years. In this position you have been of great importance to global sports, and you still are. You have always fought against doping and match-fixing and for integrity of sports, for big champions and for the inspirational factor sports can be for our youth."

www.ioapa.org

JOB OPPORTUNITIES

JOIN THE RIO 2016 TEAM

Get to know the opportunities and join the Rio 2016 team!

Click here for further info: <http://rio2016.com/en/organising-committee/join-the-team>

OPPORTUNITIES WITH THE IOC

The IOC has openings for 2 administrative assistants and a project Manager.

Visit the IOC website to find out more: <http://registration.olympic.org/en/jobs>

PHD STUDENTSHIP IN SPORT FOR DEVELOPMENT

The University of Ulster's Research Institute on Sport and Exercise Science is calling for project proposals that seek to interrogate the value of sport for addressing societal 'problems'. Find more info here: <http://www.sportanddev.org/en/newsviews/news/?5224/1/PhD-studentship-in-Sport-for-Development>

FUNDED PHD OPPORTUNITIES IN AMSTERDAM

There is an opening for 4 PhD candidates to participate in the University of Amsterdam research project 'Globalisation, Sports and the Precarity of Masculinity' (GLOBALSPORT), funded by the European Research Council.

Click here for more information: <http://www.uva.nl/over-de-uva/werken-bij-de-uva/vacatures/item/13-008.html>

POSITIONS WITH RIGHT TO PLAY

Right To Play is looking for a Global Partnerships Manager and a Grants Administrator

Find more information here: <http://www.sportanddev.org/en/newsviews/jobs/?5247/1/Right-To-Play-seeks-global-partnerships-manager>

PAID INTERNSHIP OFFERED BY UK SPORT AND SPORTANDDEV

UK Sport & sportanddev offer a 6-month paid internship, based in Biel/Bienne Switzerland. Candidates should be native English speakers. For more information: <http://www.sportanddev.org/en/newsviews/jobs/?5237/1/sportanddev-UK-Sport-internship-in-BielBienne-Switzerland>

2 FELLOWSHIP OPPORTUNITIES

2 fellowship opportunities with the Grassroot Project. The Grassroot Project (Washington DC) will be hosting one international and one American Global Health Corps Fellow in 2013-2014.

Find more info here: <http://www.grassrootproject.org/>

COMMUNICATIONS MANAGER IN ETHIOPIA

Girl Hub is looking for a communications manager to be based in their office in Ethiopia. Find more information here: <http://www.charityjob.co.uk/Jobs/268447/job-preview>

OPPORTUNITY WITH THE PEACE PLAYERS INTERNATIONAL

Peace Players International seek a Technical Assistance Program Director. Visit the PPI website for more information: <http://peaceplayersintl.org/opportunities/jobs/ta-pd>

OPPORTUNITY WITH THE INTERNATIONAL MODERN PENTATHLON UNION

The international modern pentathlon Union seeks a Communications Manager. Find more information here: <http://www.jumpinsport.com/?q=Communications-Manager-Union-Internationale-Pentathlon-Moderne>

OPPORTUNITIES

GIGLIOLA GORI JUNIOR SCHOLAR AWARD

Supported by Prof. Gigliola Gori

ISHPES is currently accepting applications for the 2013 Junior Scholar Award. The ISHPES GIGLIOLA GORI JUNIOR SCHOLAR AWARD will be presented at the 2013 ISHPES Congress to be held in Taipei, Taiwan on August 18–22, 2013. Prof. Gigliola Gori, a leading sport historian in Italy and longtime member of ISHPES, as well as one of its current Vice–Presidents, has very generously donated a EUR 1,000 for the ISHPES Junior Scholar Award.

Aim:

This award is intended to promote emerging scholarship among young scholars of sport history world– wide through the organizational support of ISHPES and its members. It is awarded for an unpublished essay of outstanding quality in the field of sport history.

The Award:

- Registration fee waived
- a year's membership to ISHPES
- EUR 1,000

Eligibility:

- Undergraduate / Graduate Student at the time of the Congress or junior scholar (within one year of receiving a PhD)
- Must be a member of ISHPES
- Must completed registration process of 2013 ISHPES Congress
- The Abstract must be submitted to the 2013 ISHPES

Application Materials:

- Curriculum Vitae and Photograph
- The Essay:

The essay must be submitted in English and the text itself (including notes and bibliography) must not exceed 10,000 words.

The winning paper should be presented during the conference. His/her paper will be published in Stadion and the winner, together with any other entrant whose work is recognized by the committee for its quality, will receive a diploma that will be presented during the Congress.

Criteria:

The main criteria for selection will be based on originality, the scientific quality of the research and the value of the study from the perspective of international sport history. A specially chosen committee will review the articles. The winner will be announced by the end of May 2013.

How to apply?

Application Materials must be emailed to the Chair of the Awards Committee, Patricia Vertinsky, to awards@ishpes.org no later than March 31, 2013.

OPPORTUNITIES

VOLUNTEER FOR SOCHI 2014 - APPLICATIONS UNTIL 31ST MARCH 2013

Sochi will be receiving applications by the 31st March 2013. On 5 December 2013, on the occasion of the international Volunteer Day, the Organising Committee announced that the interest has been so far huge!

To date, there have been over 140,000 applications and Sochi has chosen over 80% of the candidates as volunteers. Over the next months, 5000 volunteers will attend training by taking part in the Sochi 2014 test events where they will work over 50000 shifts and will be some of the first people to see the Games venues.

One of the key learnings will be working under conditions that will closely resemble the ones at the actual Games.

CALL FOR ABSTRACTS - PAPERS

CALL FOR PAPERS: THE 14TH CONGRESS OF THE INTERNATIONAL SOCIETY FOR THE HISTORY OF PHYSICAL EDUCATION AND SPORT

Topic: Games and Sporting Events in History: Organization, Performances and Impacts

Themes

- Traditional festivals, sporting activities and folk dances
- The history of sports and tournaments in Asia
- Sportification processes of Asian physical culture
- The history and the spirit of traditional martial arts (fighting)
- Asian approaches to gender and sports
- Sporting legacies in the Eastern and Western World
- The Olympic Games
- Health issues and sporting activities
- New approaches to the history of Physical Education and Sport Pedagogy
- The establishment and management of sports museums
- Open Papers

Important Dates

Deadline of Abstract Submission: Sunday, March 31, 2013

Notification of Abstract Acceptance: Tuesday, April 30, 2013

Deadline of Early Bird Registration: Friday, May 31, 2013

Deadline of Online Registration: Monday, July 15, 2013

Local Organizer: National Taiwan Normal University, Taiwan 2013 ISHPES Secretariat

Address: 6F.-9., No.2, Jian 8th Rd., Jhonghe District, New Taipei City 235, Taiwan

For more information see [http:// www.ishpes2013.org](http://www.ishpes2013.org)

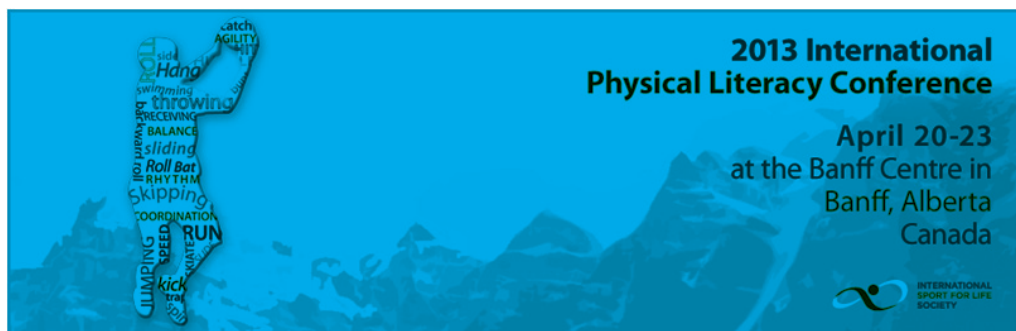
Or e-mail to 2013 ISHPES Secretariat, E-mail: 2013ishpes@gmail.com

OPPORTUNITIES

2013 INTERNATIONAL PHYSICAL LITERACY CONFERENCE

APRIL 20-23 ALBERTA

BY: MIKE KWIATKOWSKI (CAN)



Rising rates of physical inactivity among our children are leading to an obese, risk averse generation lacking resilience and imagination. Creating a positive and lifelong relationship with physical activity starts with the development of physical literacy.

Physical literacy is the concept that children must learn how to move properly when they are in pre-school and elementary school. If we give children the opportunity to do the right physical activities at the right time in their development, more of them will enjoy getting active and will stay active into adulthood. The goal is for children to be 'active for life'. To achieve this, we need to inform coaches, parents, educators and health practitioners on the benefits of physical literacy. This will be the main objective of an exciting conference that is kicking-off this April.

The inaugural International Physical Literacy Conference (IPLC) will take place at the Banff Centre, in Banff Alberta Canada from April 20th to 23rd, 2013. This ground-breaking event builds upon the innovative work of Margaret Whitehead and others who are advancing our understanding of physical literacy worldwide. The IPLC is designed to bring together sport, health, education and recreation experts to advance the knowledge, application and implementation of physical literacy programming across the globe. The conference will showcase the collaborative and cross-sectoral approach that is a cornerstone of Canadian Sport for Life (CS4L). Global leaders in physical literacy will gather to share best practices and resources as well as up-to-date knowledge and implementation strategies, all while increasing awareness of physical literacy itself.

Highlights of the conference will include a keynote address by Carl Honoré, author of *In Praise of Slow and Under Pressure*, and a session led by renowned physical literacy expert Dr. Dean Kriellaars. Margaret Whitehead, author of *Physical Literacy: Throughout the Lifecourse*, will also be joining us, as will James Mandigo, Colin Higgs, Elaine Danelesko, Stephen Norris, David Legg, Richard Way and Vicki Harber.

This year's conference will focus on several streams including:

- The Developing Athlete
- Policy and Engagement
- The Recreational Setting
- The Educational Setting
- Practical Programming
- Children with Disabilities
- Measurement and Impact
- Partnering with Health

For more information, to submit an abstract or to register, please visit <http://is4ls.org/conferences/iplc>. We will be accepting registrations up until March 31st, 2013 with an early-bird discount rate until February 15th.

Join us! Experience a unique educational opportunity for those who value physical activity and sport. think leaning in English is necessary for Japanese Olympic education. And Japanese speakers reported they how to educate in their classes, we were able to share the latest way of Japanese Olympic education.

VOLUNTEER FOR MADRID 2020 CANDIDACY

As you know Madrd is a candidate city for organising the 2020 Summer Olympic Games. The Committee has recently released a call for colunteers to support Madrid's candidacy. You can apply here: <http://www.madrid2020.es/seccion/voluntarios/>

CALL FOR ABSTRACTS: 6TH INTERNATIONAL SPORT BUSINESS SYMPOSIUM, BUENOS AIRES

This year's Symposium will take place in Buenos Aires, Argentina, during the 125th IOC session.

Birkbeck's Sport Business Centre, who hosted the 5th Symposium last year during the London 2012 Olympic Games, is a full Academic Partner of the symposium.

Since Turin 2006 it has become a tradition for Olympic scholars to meet at this symposium during the Olympic Games, the Youth Olympic Games, and now the IOC Session.

The Symposium will be organized by Prof. Holger Preuss and Prof. Gerardo Bielons who are calling for those interested to present at the forum to send their abstracts by the end of February.

During the 125th IOC session the 2020 Olympic host and the new IOC President will be elected. During its session the IOC will also consider adding new sports for the 2020 Olympics. The IOC session is partly public and can also be attended.

ABSTRACT submission: 28.2.2013 (preuss@uni-mainz.de) (acceptance until 31.3.2013)

Find more info here: <http://www.sportbusinesscentre.com/media/6th-international-sport-business-symposium-buenos-aires/>

UPCOMING EVENTS

January –February 2013

31 Jan–5 Feb: Special Olympics World Winter Games, PyeongChang 2013

31 Jan–17 Feb ICC Women's World Cup 2013, Mumbai, India

February 2013

02: PSA Sport and Study Group's 7th Annual Conference– Sport Politics and Policy, Bath, UK

14: Council of Europe Seminar on Sports Judiciary and Human Rights, Strasbourg, France

March 2013

11: Laureus World Sport Awards 2013, Rio, Brazil

21: European Healthy Stadia Conference 2013, Manchester, UK

April 2013

10–13: IAPESGW 17th World Congress 2013 – Physical Education and Sport: Promoting Gender Equality, Havana, Cuba

20–23 International Physical Literacy Conference, Alberta, Canada

24–27: 15th World Conference on Sport for All, Lima, Peru

OLYMPIC STUDIES CENTER (OSC) - OSC NEWSLETTER

Find out more about the Olympic Studies Center and read the last issue of the OSC Newsletter: <http://www.olympic.org/olympic-studies-centre>

INTERNATIONAL COLLOQUIUM OF OLYMPIC STUDIES AND RESEARCH CENTRES

Find below the link to the booklet published on the occasion of the First International Colloquium of Olympic Studies and Research Centres (OSCS), held last July in Loughborough:

<http://www.lboro.ac.uk/departments/ssehs/research/social-sciences-and-sport/olympic-studies/documents/cosr-conference-booklet.pdf>

CONTRIBUTE TO ARETE NEWSLETTER!

If you are interested in writing an article for the Arete Newsletter, don't hesitate to contact Vagelis, the Newsletter Editor, at vagelis@ioapa.org.