

ARETE NEWSLETTER

WINTER/SPRING 2016 ISSUE



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Editorial

By: Vagelis Alexandrakis (GRE)



Dear Readers,

Welcome to the Winter/Spring 2016 Issue of the Arete Newsletter!

The Winter Youth Olympic Games in Lillehammer were held last February in Lillehammer! The IOA was again on the forefront of the global Olympic education, having a booth at the YOG and spreading out the Olympic values among the world youth. With this edition, we get the opportunity to find out more about the involvement of the IOA at the YOG, but also about the involvement of a local past IOA young participant who had the chance to actively contribute and experience the YOG.

Meanwhile, sadly the refugees' crisis in Europe is getting all the more intense with a lot of societal, political and humanitarian implications. Against this background, we include a testimony of an IOAPA Member, who embodied the Olympic values by doing voluntary work in the Greek islands on the ground in order to save lives of refugees and prove that spreading the Olympic values is up to each one of us in our every day life.

On a happier note, with many people around the world, recently celebrating the commercial St Valentine's Day, we get to know an "Olympic" couple, who met in Olympia and will soon get married. Olympic education is of course always a significant topic for us and this time we also provide you with some information about the Olympic education in Israel.

From the IOAPA side, we bring you information about the upcoming IOAPA reunion in Rio, that is to take place on August 14! This will be a great opportunity to catch up with old friends, make new ones and discuss your IOA experiences within the most "Olympic" context. At the same time, the IOAPA session report 2015 is now ready and available on our website.

Lastly, as always we include some relevant news and opportunities within the sport and Olympic movement and mainly the call for applications for the 2016-2017 edition of the IOA Masters Programme!

Enjoy your reading!

Vagelis

Arete Newsletter Editor

The IOAPA Reunion in Rio!

The IOAPA Reunions in the Olympics are now a successful tradition. Four years ago, the IOAPA had organised a very successful Reunion during the London 2012 Olympics, which attracted more than 50 past IOA participant. And of course, the IOAPA could not be absent from the Rio Olympics.

Joining forces with the World Olympians Association, the IOAPA indeed plans one more successful reunion–event which is to take place on:

Sunday 14th August 4–7pm at Olympians Reunion Centre by EY.

Located at The Flamengo Club (Clube de Regatas do Flamengo) – in collaboration with the World Olympians Association

How to register:

IOAPA members will shortly receive an e–vite to the reunion, so please check your emails. You can also join the 'event' on IOAPA_Official facebook account and access the link for the invite.

Please ensure you register your interest by 10th August to ensure access is granted. For further information please email, IOAPA Vice–President, Helen Curtis: helen.ioapa@gmail.com

The Olympians Reunion Centre by EY (ORC) will also be open as a exclusive drop–in club welcoming Olympians plus one guest during the Games. The ORC has been designed with Olympians in mind where you can use wifi and enjoy live streaming of the Games as well as complimentary food and beverages. The WOA looks forward to welcoming you to Rio 2016. Join the WOA at the ORC and find out what's happening at the ORC each day during the Games via #Rio2016ORC @worldolympians.

We look forward to seeing you in Rio and once again celebrate all together the Olympic Values that led to our world–wide Olympic friendship!!

The IOA at the Youth Olympic Games

The International Olympic Academy once again found itself in the forefront of Olympic Education and along with the International Olympic Truce Center (IOTC) had a booth in the Youth Winter Olympic Games in Lillehammer. The IOA President, Isidoros Kouvelos, the IOA Honorary Dean, Konstantinos Georgiadis, along with the great IOA team worked tirelessly throughout the duration of the YOG in order to spread out the Olympic values, inform about the work of the IOA and its educational sessions.

More specifically, within the framework of the *Learn & Share Program* the IOA hosted its activities in a joint booth with the International Olympic Truce Centre. The two organisations run their educational activities for 2 days (13–14/2) in Hamar and between 15 and 21 February at the Håkons Hall, in the Youth Olympic Village in Lillehammer. The Learn & Share is a multiple educational program through which the sport is blended with culture and education in order for the young athletes to be inspired, “go beyond and create tomorrow”, according to the motto of the Lillehammer Games. In this celebration of sport, the 1100 young athletes of 71 nations, in their free time, had the chance, through interactive programs, to cultivate their skills. The IOA has the pleasure to participate in this event by presenting an innovative educational program. Through its program “*Discovering the Olympic Movement and its Values*” the IOA aimed to raise awareness about the Olympic Movement’s history, philosophy, values and ideals and encourage the young athletes to spread the Olympic principles to their communities.

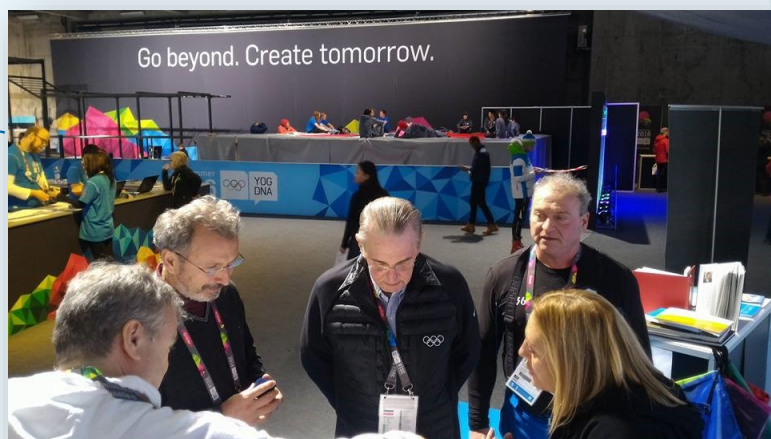
Once again the IOA demonstrated its commitment to the Olympic values and through the enthusiasm and hard work of the IOA staff, the IOA had a very successful presence!

More information on the activities of the IOA at the YOG can be found [here](#).



The former President of the IOC at the IOA-IOTC booth

The IOA and IOTC team with the EU Affairs Minister of Norway, Elisabeth Aspaker



Lillehammer 2016, – by, with and for young people

By Per Erik R Mæhlum (NOR)

At the same date 24 years after the Olympic Games in Lillehammer 1994, the “Olympic Flame” was again lit in Lillehammer for the second edition of the Winter Youth Olympic Games. I was lucky to be there together with the former swimmer Jakob Jóhann Sveinsson from Island, who I met at IOA last summer. The opening ceremony was as the rest of the event, focused on the youth. Most of the participants were local young musicians, actors and sport athletes from the Lillehammer area.



Jakob and I at the opening ceremony.

From the very beginning, the local organizing committee (LOC) have together with the Norwegian sport federation highlighted that this event is something more than the event itself. It's an important part of the strategy to create new generation young volunteers, leaders, coaches and athletes. In order to achieve that, young people have been central in both the planning and staging the event. I still remember how motivating it was when I together with 30 other young leaders in December 2012 was invited to a workshop regarding Lillehammer 2016. During the day, we discussed and made some suggestion for the strategic platform to the event. All our ideas and thoughts were may not in the final strategy document, but for us the feeling of being included was even more important



IOA participants 2015 (from left): Tene-Riin VAARMANN, Volunteer at Lillehammer 2016, me in the middle and Jana GANTNEROVA, young ambassador from SLOVAKIA watching Monobob at the Lillehammer Olympic Sliding Centre.

In the end, it's impressive to see all of the young people involved in this event. Out of a total number of 3170 volunteers, 800 were under 20 year. There were more than 300 cultural events during the week, and all the entertainers were younger than 30 years old. Many key persons in the organization were young, but they were well supported by more experienced persons with hands on experience from the Olympics in 1994. The education and development of young people in connection to Lillehammer 2016 was an important part of the legacy. Lillehammer 2016 wasn't only a learning area for the future athletes, but also for the coming leaders, coaches and volunteers. All this in blissful harmony with the slogan for the games; GO BEYOND, CREATE TOMORROW.



Nice ski tracs around Lillehammer during the games.

The Lillehammer 2016 went out to be a great success with much more spectators than expected, in total number about 210 000. The Learn and Share area close to the village got really good feedback from both IOC and the young athletes. The venues from 1994 were used for most of the competitions, and provided the sport program great settings during the games. Some of the competitions were broadcasted live on TV, but the main focus was to spread the news over social media. It was all about snapchat and #lillehammer2016, and the total number of updates using this hashtag on twitter/Instagram reach about 95000.

For me personally, it was very special to experience the Olympic Games back in my own hometown. I was just 6 years old during the Winter Olympics in 1994, but I still remember that I attended the opening ceremony and went to see some competitions. The atmosphere in the town during the games in 1994 was some kind of magic, and I could actually feel some of the same feeling under the Youth Olympic games. The Olympic event seems to make everybody so friendly and positive, no matter where you are coming from or what you are doing under the games. It feels like the Olympic spirit is spread out to everyone around.



Former participants at the IOA together with the IOA organization including Prof. Dr Konstantinos GEORGI-ADIS.

Another great thing with Lillehammer 2016 was all the people that came to visit us. And even greater, many of them had been participants at the International Session for Young Participants in Olympia. We had some evenings during the week where former Norwegian IOA participants arranged gatherings for other IOA participants. In addition to meeting my friends from the IOA 2015, I also got to know participants that had attended the academy earlier. It was so cool to see everyone again, and exchange ideas the same way that we did in Olympia.



Former participants at the IOA together at the local sports bar in Lillehammer

The coming years will give us the answer if this event really was a success. I would like to conclude with what CEO Thomas Holmestad in Lillehammer 2016 said so nicely: **This event isn't about 9 days, but the next 20 years.**

GO BEYOND, CREATE TOMORROW

Experiencing the Refugees & Embodying the Olympic Values

By Panos Trikaliotis (GRE)

October 2015 a boat full of Syrian refugees capsizes close to Mitilini (Lesvos) Island in Greece. The Hellenic Coast Guard, with the help of some volunteers, makes it to rescue 242 out of around 350 people. Some are found dead, too many are missing. The pictures on the news show only tears, pain and unstoppable efforts to get as many people as possible out of the freezing water. This is when Lifeguard Hellas (A Lifeguards School) took the initiative to send a permanent Volunteers' Lifeguards Team to the island. And this is when I got inspired for 2015's Christmas holidays, Not to go on a holiday. This is when I decided to dedicate all my time off work to go and help. Help as many people as I could, in any way I could. I've been taught about the Olympic Values and Principles all these years. But there is NO benefit if these Values and Principles are not put into Action.

Arriving on the island of Lesvos 2 days before Christmas was indeed a lifetime experience. On one hand you'll see people from Syria, Iraq, Afghanistan, Pakistan, Morocco, Sudan and many other countries trying desperately to make their way to Europe and on the other hand you'd have the Volunteers from Greece, Scandinavian Countries, the USA, Canada etc and Greek Authorities trying to help and do their job in the best possible way under the current circumstances. I don't doubt that there would be quite a few people in between this massive amount of people that they were trying

to take advantage of the whole wave of immigrants and refugees and get into Europe. There might be potential terrorists as well (no need to analyze this here and as we say in Greece if your toe is hurting, you don't cut the whole leg.) But there were also whole families, women and children. Children 13-14 years old, who were traveling alone trying to get a new life. You'd be able to see the fear in their eyes, the difficult times they've been through and all they were asking at last was one and only thing. SECURITY. Something we take for granted in the Western developed world.

As a member of the lifeguards' team I'd be on the shore. One of the first persons the refugees would meet and there would be mixed feelings right on the spot.



Panos with other volunteers during a rescue

People would scream out of happiness, others would start crying, others would fall down and kiss the earth, but we'd be more concerned about the ones who would look lost. The ones who would not react at all and you could see that they are missing home and how they wished they could go back to their normal life before the war. These were the ones that words wouldn't touch them and no matter the language barriers they would appreciate one and only things more than anything else. A Pure Honest Hug. And it was fascinating to see them smile after a while with relief, although they wouldn't understand a word from what the volunteers would tell them. This is the Greatness of Humanity and this is where, whether you call it an Olympic Value or a Human Value, Respect reaches its highest point. No matter the Sex, the Religion, their background, their social status it was here on the beach that we were ALL EQUAL. It was, and still is, here on the beach that these Volunteers are teaching Humanity and Values to All the Leaders of the World.



Olympic Values Education Program at Schools in Israel

By Jordan Har Lev (IOAPA Country Coordinator of Israel)



The Israeli Olympic Committee has implemented an Olympic Values Education Program (OVEP) designed to introduce Olympic values and physical activity into a cultural and educational framework throughout the country. By teaching Excellence, friendship and respect, Olympism serves as a philosophy of life making these basic values an integral part of all our activities.

The program was developed based on a theoretical notion that sees top athletes as role models who influence teenagers and adults alike. Since top athletes can greatly affect teenagers as well as adults, they are able to teach us values and life skills, such as self-control, persistence, diligence, decision-making and more. The Olympic Movement possesses three core values that serve as guiding principles for top athletes as they strive to meet their objectives and become Olympic champions, and for teenagers in becoming champions in life!

In early January, the Israel Olympic Committee had officially launched the "Olympic Values Education Program" for 2016, placing it as part of the curriculum of 4000 pupils and 1000 students in 60 schools across Israel. Students from a wide range of populations are exposed to the program, including the Jewish and the Arab sectors, as well as orthodox education and special education – students with special needs. These schools' curriculum will allow spreading the Olympism



by assimilating Olympic values in Physical Education classes and other subjects. This project was created with the help of the Olympic Solidarity fund & in collaboration with the Ministry of Education.

The program includes 6 sessions throughout the year:

- The Olympic Games: from ancient Greece to modern history, symbols and slogans.
- Blue and white moments: Israeli winners of medals, prominent athletes and the Munich Massacre.
- The Olympic values and the Paralympic values.
- Healthy lifestyle – nutrition workshop.
- A visit in "The Olympic Experience" (an audiovisual tour at the Visitors' Center of the Israel Olympic Committee) and a meeting with Israeli Olympic athletes.
- Top event – organizing the Olympic Day at school, as a part of the International Olympic day in June 2016.



The highlight of the program is the students' visit to "The Olympic Experience" museum which was formed by the Israel Olympic Committee to expend public knowledge on the values of the Olympic movement. The visitors feel empathy toward to Olympic champions, who had the Olympic values to guide them in their

long road to glory. The visitors relate to the principle messages that everyone has the right to dream and they must attempt to realize their dreams with determination and constant aspiration toward excellence. During the visit, the students have a nutrition workshop and a personal meeting with an Israeli Olympic athlete.



The contents of this program influence all aspects of our pupil's lives and our lives. Therefore, by using a creative approach and creating nonstandard lessons we are able to capture the hearts of the pupils and plant seeds of curiosity that will stay with them long after they had graduated from the program. Overall,

this program encourages each student to be an independent thinker, creative, and respectful and to maintain a healthy lifestyle.

In conclusion, implementation of the program presents Israel's first steps at distributing the idea of Olympism among youths and Physical Education students. Nonetheless, we continue to promote such initiatives and expose youths and students to the Olympism philosophy, which might strengthen our understanding on the contribution of sport to the development of man and society.

Source: The Olympic committee of Israel.

An Olympic Couple: Luis & Evaggelia

It was 1st July 2009 when they met for first time. Luis had just arrived in Greece, ready to represent Brazil in the IOA postgraduate session 2009. It was the 7th time he had applied with the Brazilian NOA for coming to the postgrad session, but unluckily (or actually luckily!!) the previous years he was not selected.



Evaggelia was at the time a young student of the Faculty of Sports Management of University of Peloponeese, who in part of her internship with the IOA over the summer 2009, would have to provide secretariat in Olympia for the postgraduate students.

The Olympic atmosphere, the Olympic vibes quickly led to an Olympic love, which actually lasted and is still going strong! After 30 amazing days in Olympia, Luis moved to Doha, Qatar, where he is still working as the Head of Research of the Olympic and Sport Museum of Qatar. Soon, Evaggelia managed to get a job with the [Mathaf: Arab Museum of Modern Art](#) and followed Luis in Qatar.



After 7 amazing years in Doha (but with regular trips to Kos and Porto Alegre), Luis and Evaggelia are getting married in Kos, Greece, next September

The IOAPA wishes them all the very best Olympic wishes!!! A life full of happiness, success and Olympism!!!!



News & Opportunities

Call for Applications. IOA Masters Degree

The Department of Sports Organization and Management of the Faculty of Human Movement and Quality of Life Sciences of the University of Peloponnese with the support of the International Olympic Academy organizes for the Academic year of 2016–2017 the Master's Degree Programme with the title "Olympic Studies, Olympic Education, Organization and Management of Olympic Events".

The Master's Degree Programme for the Olympic Studies constitutes an innovation in the Olympic Movement at an international level and is supported by the Olympic Solidarity (International Olympic Committee). The educational programme is based on the three pillars of the Olympic Movement: Education, Sports and Culture, which constitute the foundation for Olympism and Olympic Pedagogy.

The philosophy of the programme is consistent with the values of the Olympic movement for the diffusion of the Olympic ideal worldwide, the promotion of knowledge and research in Olympic issues and global participation.

The deadline for applications is April 30, 2016. More information, as well as the application form can be found [here](#)

IOAPA Session 2015 Report

For the ones who did not make it to the IOAPA Session 2015, the full session report is now available and uploaded on the IOAPA website. We invite you to view it [here](#) and find out about discussions and activities that formed part of the 2015 IOAPA Session

International Day on Sport for Development and Peace—April 6

The IOAPA takes the opportunity to wish you in advance a very Happy International Day of Sport for Development and Peace! Sport is indeed a unique vehicle for social change and on this occasion we invite all our Members (no matter if they are involved in sports or not professionally) to consider how sport can be used in all policies in order to make this world a better place to live in.

Peace and Sport Suggestion—#WhiteCard:

The organization Peace & Sport makes the following suggestion:

#WhiteCard is back!

To celebrate the third International Day of Sport for Development and Peace taking place on 6 April, Peace and Sport is once again rallying support through an original and interactive initiative: #WhiteCard

The concept is simple:

- ▶ Take a photograph of yourself (or as a group) holding up a white card like a referee on a playing field. Be original and creative!
- ▶ Post this photo on Facebook, Twitter or Instagram: "Like me, post your #WhiteCard to Play your Peace on your April6 @peaceandsport #IDSDP2016!". (Remember to tag yourself on the photo!)

POSEIDON CHALLENGE

IOA Masters graduate and former Member of the IOA staff, Ioannis Papaioannou has developed a special running event, which is to take place in Sounion, Greece on 2 October 2016: The Poseidon Challenge.

Poseidon Challenge aspires to be a running Event which has been designed to offer a blend of different pleasures, so unique that can be described as a powerful temptation.

More information can be found [here](#).

CONTRIBUTE TO THE ARETE NEWSLETTER

You are welcome to submit contributions for the IOAPA NewsLetter. You can feel free to contact Vagelis, the Arete NewsLetter Editor, at vagelis@ioapa.org, to propose and discuss your articles.



