

INTERNATIONAL OLYMPIC ACADEMY ORIENTATION MANUAL

Compiled By



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TABLE OF CONTENTS

1.- WELCOME LETTER.....	4
2.- AN OLYMPIC GAMES PRIMER.....	5
2.1.- History Of The Olympic Games.....	5
2.1.1.- Ancient Olympic Games	5
2.1.2.- Pierre de Coubertin.....	5
2.1.3.- The Olympiads	6
2.1.4.- The Games of the Olympiads and the host cities	6
2.2.- The Olympic Movement	9
2.2.1.- Olympism	9
2.2.2.- The IOC.....	9
2.2.3.- NOCs, IFs and NGB.....	10
2.2.4.- Local Organizing Committees	11
2.3.- Symbols Of The Olympic Games	11
2.3.1.- The Olympic Rings	11
2.3.2.- The Olympic Flame.....	12
2.3.3.- Olympic Medals	13
2.4.- Athletes And The Olympic Games	13
2.4.1.- Selection of Athletes for the Games.....	13
2.4.2.- Fair Play and the Athlete's Oath	14
2.5.- Issues Of The Olympic Games.....	14
2.5.1.- Amateurism	14
2.5.2.- Television	15
2.5.3.- Doping.....	16
2.5.4.- Women and the Olympic Games	16
2.5.5.- Politics	17
2.5.6.- Commercialism	18
2.6.- The Olympic Charter	19
2.6.1.- Fundamental Principles of Olympism.....	19
3.- THE INTERNATIONAL OLYMPIC ACADEMY	21
3.1.- The Vision Of The IOA.....	21
3.2.- The Ancient Games	22
3.2.1.- The Legacy Of Ancient Greece.....	22
3.2.2.- The Olympic Games In Ancient Olympia.....	23
3.2.3.- The Contests	23
3.2.4.- Changes in the character of the Games	24
3.3.- The Olympic Movement	24
3.4.- Mission Of The International Olympic Academy	25
3.5.- History Of The International Olympic Academy	26
3.6.- Educational Programmes Of The International Olympic Academy	28
3.7.- National Olympic Academies	28
3.8.- Administration Of The IOA – EPHORIA	29
3.9.- International Olympic Academy Facilities	30
3.10.- International Olympic Academy Library.....	31
3.11.- The Archaeological Site Of Ancient Olympia	31
3.12.- The Archaeological Museum In Ancient Olympia	32
3.13.- Modern Olympic Games Museum.....	33

3.14.- Coubertin Grove	33
3.15.- Pnyx Annual Ceremony	34
4.- INTERNATIONAL OLYMPIC ACADEMY PARTICIPANTS ASSOCIATION (IOAPA)	35
4.1.- Introduction.....	35
4.2.- Purpose Of The IOAPA	35
5.- GREECE: COUNTRY INFORMATION BACKGROUND	37
6.- PRACTICAL INFORMATION.....	41
6.1.- Weather	41
6.2.- Packing.....	41
6.3.- Upon Arrival	41
6.4.- Room Situation	42
6.5.- Valuables.....	42
6.6.- Connectivity	42
6.7.- Attire	42
6.8.- Typical Schedule	43
6.9.- Lectures.....	43
6.10.- Discussion Groups.....	43
6.11.- Other activities.....	44
6.12.- Social Activities	44
6.13.- Greek Food.....	44
6.14.- Beyond the IOA.....	44
6.15.- Gifts and Trading.....	45
6.16.- Travel after the session	45
6.17.- Some People to Know at the IOA.....	45
6.18.- IOA Contact Information	45

1.- WELCOME LETTER

Dear Participant in International Olympic Academy Young Participants Session:

The Executive Committee of the International Olympic Academy Participants Association congratulates you on your acceptance to the International Session for Young Participants at the International Olympic Academy! You now have the distinct privilege and honour to participate in this year's session.

We are certain that you are excited about the special experience upon which you are about to embark. As a student of the Olympic Movement, you will find that the IOA is all that you might have expected, and more: an international academic centre dedicated to the study of Olympism located on a picturesque campus surrounded by rolling hills and set in the quaint village of Ancient Olympia!

You will visit the ruins of the Games of Antiquity, where this great tradition began in 776 B.C. And you will be able to stand at the starting line where the ancients took their place in the original Olympic Stadium, which came alive again when the shot-put event of the 2004 Olympic Games was held there.

But perhaps most important is the opportunity that you will have to be a goodwill ambassador for your country. The IOA is truly a forum for international exchange of views, information and cultural practices, and you will have an experience of a lifetime meeting and befriending people from all over the world.

Upon your return, we would be very interested in hearing about experience in the form of a brief submission (no more than five pages) to include (1) a summary of your experience, (2) recommendations for future participants, (3) a proposal for a practical project that will integrate Olympism into your future endeavours and (4) a sampling of your favourite photos. Your submission will be compiled as a permanent record of participants' reports that will be available to benefit future generations of IOA participants.

This IOA Manual was prepared in the hopes that the information will be helpful in your preparation for the IOA Session. Best wishes for a safe journey, and a successful and memorable experience in Greece!

Sincerely,

IOAPA Executive Committee
info@ioapa.org

2.- AN OLYMPIC GAMES PRIMER

2.1.- History Of The Olympic Games



The ancient Olympic Games were the great Greek religious, athletic, and cultural festivals that inspired the creation of the modern Olympic Games. The earliest documentation of the ancient Games traces the efforts of King Iphitos of Elis, around 884 B.C., to establish a "sacred truce" through the conduct of Games "dear to the gods." From 776 B.C., these Games took place every four years.

The ancient Games were sacred events. Athletes from all Greek city-states joined the festivals at Olympia. Like the modern Games, the ancient Games were marked by solemn opening and closing ceremonies. The "sacred truce" beginning the first known Games read, "May the world be delivered from crime and killing and freed from the clash of arms." The intent was for warring city-states to lay down their arms for the period of the Games so that athletes could compete in peace.

The program of competitive events in the ancient Games evolved over time. Among the sports contested were the foot race, wrestling, boxing, pankration, the pentathlon, and chariot races. The first recorded winner was the runner Koroibos.

Only men were permitted to take part in the Olympic Games. Women were forbidden to compete or be spectators at the ancient Olympic Games under penalty of death. The only female allowed in Olympia was the high priestess of the goddess Demeter. Women in ancient Greece, did, however, participate in festivals of their own. Exclusively female Games, held in honour of the goddess Hera, were held at regular intervals.

The ancient Olympic Games are known to have existed for 12 centuries. The symbolic power of the Games lived on after their demise in 394 A.D., and came to life again as the modern Olympic Games.



Pierre de Fredy, the Baron de Coubertin, was the founder of the modern Olympic Movement.

Pierre de Coubertin was born in 1863 to an aristocratic French family. He was an avid sportsman as a young man with rowing being one of his favourites. Influenced by the events of the late 19th century and his education, Coubertin developed a passionate belief that sport possessed the power to benefit humankind and encourage peace among the nations of the world.

Coubertin drew his inspiration from the ancient Olympic Games. After visits to England and the United States, Coubertin formulated a plan to revive the Games. His vision was realized in June 1894, when delegates meeting in Paris voted to hold modern Olympic Games at Athens in 1896.

Coubertin was the driving force behind the fledgling Olympic Movement. He became president of the International Olympic Committee in 1896 and held that post for 29 years. Over that time, Coubertin committed his life and his fortune to the establishment and growth of the modern Olympic Games. He died in Geneva, Switzerland in 1937.

Though Coubertin never approved of women competing in the Olympic Games, he fought ferociously for the ideals of Olympism. His vision and determination created a movement that has, like no other, united the athletes and nations of the world in peaceful celebration and competition.



An Olympiad is a period of four years, the beginning of which is marked by the celebration of the Olympic Games. The first modern Olympiad was celebrated by the 1896 Athens Games. Each Olympiad is designated by Roman numerals. The 2008 Beijing Games, for example, were The Games of the XXIX Olympiad. The 2016 Rio de Janeiro Games will be The Games of the XXXI Olympiad.

The year in which the Olympic Games are to be held cannot be changed. If the Games are cancelled for any reason, the number of the Olympiad remains. Although World War I pre-empted the 1916 Games, the period from 1916 to 1920 remains the VI Olympiad of the modern era.

The term Olympiad does not apply to the Olympic Winter Games. Only the so-called "summer" Games are Games of the Olympiad. The Winter Games are referred to only by numeral. Thus, the 2010 Vancouver Games were the XXI Olympic Winter Games.

The term Olympic actually is an adjective, not a noun. Properly speaking, an athlete competes in the Olympic Games, not the Olympics. The phrases Summer and Winter Olympics are commonly used, but they are technically incorrect references to the Games of the Olympiad and the Olympic Winter Games.

The following is a list of the Olympiads of the modern era with the Games of the Olympiads and a list of the Olympic Winter Games.

2.1.4.- The Games of the Olympiads and the host cities

I 1896 Athens, Greece

II 1900 Paris, France

III 1904 St. Louis, U.S.A.

IV 1908 London, England

V 1912 Stockholm, Sweden

VI 1916 Cancelled due to W.W.I

VII 1920 Antwerp, Belgium

VIII 1924 Paris, France
IX 1928 Amsterdam, The Netherlands
X 1932 Los Angeles, U.S.A.
XI 1936 Berlin, Germany
XII 1940 Cancelled due to W.W.II
XIII 1944 Cancelled due to W.W.II
XIV 1948 London, England
XV 1952 Helsinki, Finland
XVI 1956 Melbourne, Australia
XVII 1960 Rome, Italy
XVIII 1964 Tokyo, Japan
XIX 1968 Mexico City, Mexico
XX 1972 Munich, Germany
XXI 1976 Montreal, Canada
XXII 1980 Moscow, U.S.S.R.
XXIII 1984 Los Angeles, U.S.A.
XXIV 1988 Seoul, South Korea
XXV 1992 Barcelona, Spain
XXVI 1996 Atlanta, U.S.A.
XXVII 2000 Sydney, Australia
XXVIII 2004 Athens, Greece
XXIX 2008 Beijing, China
XXX 2012 London, England
XXXI 2016 Rio de Janeiro, Brazil
XXXII 2020 Tokyo, Japan

2.1.5.- The Olympic Winter Games

- I 1924 Chamonix, France
- II 1928 St. Moritz, Switzerland
- III 1932 Lake Placid, U.S.A.
- IV 1936 Garmisch-Partenkirchen, Germany
- 1940 Cancelled due to W.W.II
- 1944 Cancelled due to W.W.II
- V 1948 St. Moritz, Switzerland
- VI 1952 Oslo, Norway
- VII 1956 Cortina d'Ampezzo, Italy
- VIII 1960 Squaw Valley, U.S.A.
- IX 1964 Innsbruck, Austria
- X 1968 Grenoble, France
- XI 1972 Sapporo, Japan
- XII 1976 Innsbruck, Austria
- XIII 1980 Lake Placid, U.S.A.
- XIV 1984 Sarajevo, Yugoslavia
- XV 1988 Calgary, Canada
- XVI 1992 Albertville, France
- XVII 1994 Lillehammer, Norway
- XVIII 1998 Nagano, Japan
- XIX 2002 Salt Lake City, U.S.A.
- XX 2006 Torino, Italy
- XXI 2010 Vancouver, Canada
- XXII 2014 Sochi, Russia
- XXIII 2018 Pyongchang, South Korea
- XXIV 2022 Beijing, China



King George of Greece opened the first Games of the modern era on a spring afternoon in Athens before a stadium crowd of 70,000, while thousands more watched from a hillside above the stadium.

Greek public opinion strongly supported the idea of Greece hosting the Games, but the organizing effort floundered until Crown Prince Constantine stepped forward to assume leadership. Receiving no government funding, the organizers raised money through private donations and the sale of commemorative stamps and medals. Greek merchant Georgious Averoff contributed generously to the reconstruction of the ancient Panathenaic Stadium. In keeping with the ancient Olympic tradition, only men competed at Athens.

2.2.- The Olympic Movement



Modern Olympism is described by the Olympic Charter as a philosophy "exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles." "The goal of Olympism is to place everywhere sport at the service of the harmonious development of mankind, with a view to encouraging the establishment of a peaceful society concerned with the preservation of human dignity."

"The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play."

The Olympic Movement encompasses organizations, athletes, and other persons who agree to be guided by the Olympic Charter. The Olympic Movement includes the International Olympic Committee, the International Federations, the National Olympic Committees, the Organizing Committees of the Olympic Games, the national associations, clubs, and persons belonging to them, particularly the athletes. The Olympic Movement also "includes other organizations and institutions as recognized by the IOC."



The [International Olympic Committee](http://www.ioapa.org) is the supreme authority of the Olympic Movement. Based in Lausanne, Switzerland, the IOC is a non-governmental and non-commercial organization, whose mission is to encourage the growth of sport

within the Olympic ideal, including ensuring the regular celebration of the Olympic Games.

The IOC currently consists of 91 members, 36 honorary members, and 1 honour member who volunteer their services on behalf of the Olympic Movement. Membership is limited to resident citizens of countries having National Olympic Committees. Members must speak either French or English. New members are elected by the existing membership. Individual members represent the IOC in their home countries. They are not delegates of a country to the IOC. Individual members may not be under the authority of any government, organization, or individual that might direct or compromise the independence of their votes.

The International Olympic Committee was formed on June 23, 1894, in Paris, France at the instigation of the founder of the modern Olympic Movement, Baron Pierre de Coubertin. The IOC initially consisted of 14 members, with Demetrius Vikelas as its president. Coubertin assumed the presidency in 1896, and led the Olympic Movement until 1925. As of this writing there have been nine IOC presidents. Thomas Bach of Germany was elected to the post in 2013. One American, the late Avery Brundage, served as IOC president from 1952-1972.

IOC Presidents

- Demetrius Vikelas, Greece, 1894-1896
- Pierre de Coubertin, France, 1896-1925
- Henri de Baillet-Latour, Belgium, 1925-1942
- J. Sigfrid Edstrom, Sweden, 1946-1952
- Avery Brundage, USA, 1952-1972
- Lord Killanin, Ireland, 1972-1980
- Juan Antonio Samaranch, Spain, 1980-2001
- Jacques Rogge, Belgium, 2001- 2013
- Thomas Bach, Germany, 2013 - present



National Olympic Committees (NOCs) are organizations which lead the Olympic Movement within each country. They promote Olympism and develop sport nationally. Each NOC represents its country at the Olympic Games and has the power to select its own national team to participate in the Games. NOCs may associate themselves with governmental bodies, but may not act in contradiction to the *Olympic Charter*. All National Olympic Committees must be officially recognized by the IOC.

NOCs are composed of IOC members in their countries, national Olympic sports governing bodies (a.k.a., national federations) and a number of elected Olympic athletes. NOCs may also include members of affiliated sports and community organizations as well as select individuals. Each NOC must include at least five national governing bodies in order to be recognized by the IOC.

International Federations (IFs) are non-governmental organizations responsible for the international administration of one or more sports. The IFs are responsible for developing their sports worldwide, enforcing the rules of their sports, establishing eligibility criteria, hosting international competitions, conducting their sports at the Olympic Games, and contributing to the goals of the Olympic Movement. One example of an IF is the International Basketball Federation (FIBA, from the French, Federation Internationale de Basketball). FIBA sets the rules governing international basketball competition. For example, it was FIBA that determined that professional basketball players would be eligible to play in the Olympic Games.

National Governing Bodies (NGBs), also called National Federations, are the organizations that govern a sport within in each country. They are charged with selecting teams for international competition (including the Olympic Games), conducting national championships, and developing their sports within their countries. An NGB is responsible for sanctioning and conducting competitions. It is the sole national representative to a sport's International Federation and, as such, is the only organization that may organize a "national championship" to be recognized by the IF.



The right to host an Olympic Games is awarded to a city chosen by the members of the IOC. Only cities, not countries, may host an Olympic Games. In other words, the 2004 Athens Games were hosted by the city of Athens, Greece, not by the country of Greece.

All sports on the Olympic Program must be held within the approximate local area of the city bidding for the Games. The Olympic bid committee of the candidate city first must receive support from its National Olympic Committee (NOC) before the IOC will consider its bid. Only one city from a country is allowed to bid for the Games. After a process involving detailed evaluation, the IOC votes to select a host city seven years before the Games are held.

The growth of the Olympic Games has made the bidding process complicated and extremely competitive. Local committees put tremendous effort and expense into their bids. The size of the Games, as well as the cost, requires extensively detailed planning and preparation for the bids alone.

2.3.- Symbols Of The Olympic Games



The Olympic rings are the official symbol of the Olympic Movement. There are five interlacing rings of the colours blue, yellow, black, green, and red. The rings are set upon a white background.

Baron Pierre de Coubertin designed the Olympic emblem in 1913. In his words, "These five rings represent the five parts of the world won over to Olympism . . . This is a real international emblem." The Olympic rings represent the union of the areas - the Americas, Africa, Asia, Oceania and Europe and the meeting of athletes throughout the world at the Olympic Games. Contrary to a popular misconception, the colours themselves do not represent any single continent. The colours were chosen because at least one of these colours is found in the flag of every nation.

The original Olympic flag was made at the "Bon Marché" store in Paris. The flag is three meters long and two meters wide. It first flew over an Olympic stadium at the 1920 Antwerp Games. The original flag also carried the Olympic motto, "Citius, Altius, Fortius," Latin for "Faster, Higher, Stronger."



The most revered and visible symbol of the Olympic Games competition is the Olympic Flame.

During the ancient Games, in Olympia, a sacred flame burned continually on the altar of the goddess, Hera.

In the modern era, the Olympic Flame first appeared at the 1928 Amsterdam Games. The idea for the flame first had been suggested by Theodore Lewald, a member of the International Olympic Committee, who later became one of the chief organizers of the 1936 Berlin Games.

The tradition of the Olympic Torch Relay, which culminates in the lighting of the Olympic cauldron at the Opening Ceremony of each Games, dates to the 1936 Berlin Games. Carl Diem, the noted Olympic historian and head of the organizing committee, created the first torch relay to symbolize the link between the ancient and modern Olympic Games. The flame was lit in a ceremony at Olympia, Greece. From there, 3,000 runners carried the torch through seven countries to Berlin. The relay was timed so that the flame arrived at the stadium at the precise moment required. Ever since, the lighting of the Olympic cauldron has become the most hallowed moment of the Olympic Games.

The first torch relay of the Olympic Winter Games was organized for the 1952 Oslo Games. The flame was kindled at the home where legendary Norwegian skier Sondre Nordheim was born. Ninety-four skiers carried the flame to the Opening Ceremony in Oslo's Bislett Stadium. At the 1994 Lillehammer Games, ski-jumper Stein Gruben literally leaped into the Olympic arena with the flame.

The youngest person ever to light the Olympic flame was Francois-Cyrille Grange, age 9, who lit the flame (with Michel Platini) at the 1992 Albertville Olympic Winter Games.

At the 2002 Salt Lake City Games the honour of lighting the Olympic Flame was given to a group, rather than an individual or pair, for the first time. The entire 1980 U.S. Olympic Hockey team, led by Captain Mike Eruzione, lit the flame.

Greek windsurfer Nikos Kaklamanakis, a four-time Olympian, was the final torchbearer at the Opening ceremony of the Athens Olympic Games.



Olympic medals are awarded to those individuals or teams placing first, second, and third in each event. The first place winner is bestowed a gold-plated medal of silver, which is commonly referred to as the "gold medal." Second and third places receive medals of silver and bronze. The silver used in the first and second place medals must be at least 92.5% pure. The "gold" medals must be gilded with at least six grams of pure gold. Medals also carry the name of the sport contested. Competitors who finish in the 1st through 8th places in an Olympic event receive an award diploma. The IOC awards commemorative pins to each athlete who participates in the Olympic Games.

The front sides of the medals awarded at the Games of the Olympiads feature an image of a Hellenic goddess holding a laurel wreath with the Athens Panathinaiko Stadium in the background. Since 1972, local Olympic organizing committees have been allowed to create a design for the back sides of the medals.

The medals given at the Olympic Winter Games, by tradition, differ from the traditional medals given at the Summer Games. Each Organizing Committee designs its own medals that must be approved by the IOC. The 2002 Salt Lake City Games medals, for example, were designed to look like natural river rock from Utah's rivers. The medals were the heaviest ever weighing 1.25 pounds apiece. The Games motto "Light the Fire Within" was engraved on the front of each medal.

2.4.- Athletes And The Olympic Games



"The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind . . ."

These words from the *Olympic Charter* state the Olympic Movement's belief that athletic talent, and not race, gender, religious belief or politics, should determine whether athletes may participate in the Olympic Games. The charter stipulates only that athletes must be citizens of the nations they represent.

Other eligibility criteria are the responsibility of the international and national sport federations and National Olympic Committees. Each sport federation determines age limits and the eligibility of professional athletes. Some sports admit professionals; others do not. For example, professional tennis and basketball players now are allowed to play in the Olympic Games.

All athletes in the Olympic Games participate as representatives of their countries. Some athletes who hold dual nationality compete for the country other than the one in which they live.

Making an Olympic team has been a dream for generations of athletes worldwide. Making an Olympic team is very difficult and usually requires years of hard work, persistence and good fortune. It is very rare for a novice athlete to be selected to an Olympic team. Most Olympic team members have been training in their sports for nearly a decade or more before gaining the honour of participating in the Olympic Games.



The Olympic Movement aims to promote sport in the spirit of fair play. Cheating, such as using performance-enhancing drugs, and violence are punishable by expulsion from the Olympic Games and the loss of any medals or diplomas. For the 2000 Olympic games a phrase promising not to use drugs was added to the oath.

At the Opening Ceremony of each Olympic Games the flag bearers of all the delegations form a semi-circle around the rostrum. A competitor of the host country mounts the rostrum. Holding a corner of the Olympic flag in the left hand, and raising the right hand, the athlete takes the following oath:

"In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

An official also takes an oath declaring that all referees, umpires and judges at the games promise to judge fairly.

2.5.- Issues Of The Olympic Games



When Baron de Coubertin founded the modern Olympic Games, he envisioned contests in which young men competed only for the love of sport without the promise of financial reward. This vision was the basis for the concept of amateurism that governed Olympic eligibility for nearly 100 years.

While Coubertin's belief in amateurism derived from his devotion to the ideals of Olympism, it was a view rooted in the social milieu of the late 19th century, a time when only men of wealth could endure the expenses that accompanied a life of sport. In fact, early definitions of amateurism were based on distinctions of social class. Persons from lower economic classes were defined as non-amateurs.

But as sports became increasingly popular, people from a wider range of social classes participated and opportunities for profit appeared. These changes challenged the International Olympic Committee's strict definition of amateur status as the basis for Olympic eligibility. The most notable case of an athlete losing

Olympic eligibility for violating the amateur code is that of 1912 gold medallist, Jim Thorpe, of the United States. Thorpe was stripped of his Olympic medals because he had earned a small amount of money playing semi-professional baseball two years before the 1912 Stockholm Games. Thorpe's medals were returned to his family by the IOC in 1982.

Avery Brundage, president of the International Olympic Committee from 1952-1972, was a fervent defender of amateurism. Brundage maintained that the high ideals of Olympism would be destroyed if athletes were allowed to profit from sport. He believed that commercialism would destroy higher motivations of fair play and moral development. One consequence of Brundage's policy, however, was that dishonesty and secret payments plagued the Olympic Games during his tenure.

After Brundage retired as IOC president, the IOC re-evaluated its position on amateurism. Realizing that its rules discriminated against athletes without wealth and that, in some countries, state-supported training made athletes de facto professionals, the IOC gradually eliminated "amateur" status as a condition for Olympic eligibility. The word amateur was finally removed from the *Olympic Charter* during the 1970s. The international federations governing individual Olympic sports were given responsibility for determining Olympic eligibility following the 1981 IOC Congress and Session at Baden-Baden, Germany. Since that time, an increasing number of federations have modified their rules to allow professionals to compete in the Games.



The first century of the modern Olympic Games paralleled the development of mass communications technology. Television has enabled the Olympic Games to become a true global event. The 1996 Atlanta Games were broadcast to a world-wide audience of 2.3 billion people. The 2002 Sydney Olympic Games drew an audience of 3.7 billion people and 36.1 billion viewing hours.

The 1936 Berlin Games were the first sports competitions televised live. More than two dozen viewing halls were built throughout Berlin for people to watch the Games. Although the picture quality of these early broadcasts was poor, television became a vital part of the Olympic Games.

The first international broadcasts of Olympic competition came at the 1956 Cortina Winter Games. Viewers in eight European countries watched the Games.

As television grew in importance during the 1950s, the International Olympic Committee realized that the sale of broadcast rights could provide income to subsidize the expenses of the Games and the activities of the IOC. After much negotiation, rights to the 1960 Squaw Valley Games were sold to several companies. The European Broadcasting Union paid \$660,000 (U.S.) for broadcast rights. Since then, television rights fees and coverage have escalated astronomically. The National Broadcasting Company (NBC), an American network, paid \$456,000,000 for the rights to broadcast the 1996 Atlanta Games \$3.5 billion for the five Games from 2000 through 2008, and a staggering \$7.75 billion for the rights to broadcast the six Games from 2021 through 2032.



Doping is the "administration or use of drugs or banned methods" for the purpose of artificially improving athletic performance. It is a major problem facing sport and the Olympic Games. Simply, doping is cheating.

Doping has existed in one form or another since the ancient Olympic Games. Emollients and special diets were among the earliest types of doping. In the modern era, doping primarily has taken the form of drug use. The most notorious case of doping occurred during the 1988 Seoul Games when Canada's 100-meter gold medallist Ben Johnson was found to have taken anabolic steroids. Johnson was stripped of his medal, and American Carl Lewis became the Olympic champion.

Anabolic steroids, synthetic male hormones and erythropoietin (EPO) are probably the most widely abused drugs in elite sport. Anabolic steroids increase strength, but also can lead to severe physical problems. EPO and similar drugs stimulate the production of red blood cells that carry oxygen to the muscles. EPO, like steroids, poses health risks.

In some instances, entire national teams have been tainted by doping. After the disintegration of the East German (GDR) government in 1989 it was discovered that a state-sponsored plan, Plan 14.25, had ordered the systematic doping of East German athletes during the 1970s and 1980s. Such widespread doping has cast a pall over the Olympic medals won by East German athletes during this period and still remains a controversial issue within German sport.

The International Olympic Committee has worked to eliminate the use of illegal methods through the activities of the IOC Medical Commission and the IOC Athletes' Commission. In February 1999 the IOC convened the World Conference on Doping In Sport. One outcome of the conference was the creation of the World Anti-Doping Agency, which receives half of its funding from the IOC.

At each Olympic Games, hundreds of athletes undergo drug testing for performance-enhancing substances. Usually, the top four placers in each event plus a number of other randomly-selected athletes are required to provide post-competition urine samples for testing. In some sports, blood samples also are tested. Athletes found guilty of doping in a post-event test forfeit any Olympic medals or diplomas they have won in that event.



Women have fought for just representation in the Olympic Games since the beginning of the modern Olympic Movement. Women were not allowed to compete in the first Olympic Games at Athens in 1896. And although a number of women did compete in the 1900 Paris, 1904 St. Louis and 1908 London Games, the International Olympic Committee did not formally admit women to the Games until 1912 at Stockholm.

The history of women in the Olympic Games has been that of a struggle for full participation and of changing popular perceptions of female athletes. To this day,

women still account for only one-third of all Olympic competitors. It was only in 1981 that Pirjo Haggman of Finland and Flor Isava-Fonseca of Venezuela were elected as the first women members of the IOC. Anita DeFrantz, of USA, was elected in 1986. In September 1997 she became the first woman elected as an IOC vice-president.

Women's issues continue to confront the Olympic Movement. Most notable is the dearth of women holding leadership positions in Olympic sports organizations.

Attempting to combat the problem, the IOC passed a resolution in 1996 requiring that women make up 10% of "the decision-making structures" of all NOCs by the year 2000, and 20% by the year 2005. Despite some success this is still a "work in progress", and the goal of at least one-fifth of all decision-making positions being held by women has still not been reached as of 2010.

With the adoption of Olympic Agenda 2020, the IOC has reaffirmed its commitment to work with International Federations and National Olympic Committees as well as various regional, national and international platforms, to increase the possibilities for girls and women in sport and to achieve the goal of female athletes representing 50 per cent of the athletes taking part in the Olympic Games.



Although the goal of the Olympic Games is to bring together the athletes of the world in peaceful competition, the Games often have been affected by political tensions.

The most controversial Games in modern Olympic history were the 1936 Berlin Games. German Chancellor Adolph Hitler used the Games as propaganda for Nazi ideology. Prior to the Games, several nations called for a boycott in protest of the anti-Semitic policies enacted by Hitler's National Socialist Government. The tragedy of World War II still shrouds the memory of the Berlin Games.

Politics continued to cloud the Games in later years. The 1950s witnessed the emergence of Cold War tensions. At the 1956 Melbourne Games, nearly 40 % of the Hungarian Olympic contingent defected rather than return home to a country that had been recently invaded by armed forces from the Soviet Union. During the 1960s, human rights issues confronted the Olympic Movement. In an unprecedented move, the International Olympic Committee voted to expel the Republic of South Africa from the Games, in 1964, for its racist apartheid policies. At the 1968 Mexico City Games, African-American athletes visibly protested the discrimination against blacks in the United States. The image of American sprinters Tommie Smith and John Carlos standing on the victory stand with clenched fists in black gloves remains etched in Olympic memory.

International political tensions led to the Olympic Games greatest tragedy. Twelve Israeli athletes and coaches were murdered by Palestinian terrorists at the 1972 Munich Games.

Although individual countries have declined participation in the Games as a means of political protest throughout the history of the modern Games, the 1976 Montreal Games introduced what some have called the "age of the Olympic boycott." Seventeen African and Arab nations boycotted the Montreal Games protesting New

Zealand's violation of the international sports ban of South Africa. Four years later, a number of nations, led by the United States, boycotted the 1980 Moscow Games in protest of the Soviet Union's invasion of Afghanistan. Citing concern for the security of its athletes, the U.S.S.R. organized an Eastern Bloc boycott of the 1984 Los Angeles Games.

During the 1990s, the Olympic Movement has concerned itself with gender issues. The IOC has called for the greater involvement of women in the governing structures of sport.

The IOC's most assertive political voice, however, has sounded in the name of international peace. Former President Juan Antonio Samaranch, of Spain, championed the ancient tradition of the Olympic Truce. The truce calls upon the cessation of all hostilities and warfare during the period of the Olympic Games. Perhaps the most compelling moment of the 1994 Lillehammer Olympic Winter Games came at the Opening Ceremony when Samaranch asked attendees and viewers worldwide to observe a moment of remembrance for the Olympic city of Sarajevo and pleaded for a cessation of fighting in the war-torn former Yugoslavia.



One hundred years ago, Pierre de Coubertin envisioned the Olympic Games as an international gathering of amateur athletes who would compete for the love of sport. While many athletes still do compete for the love of sport, the Olympic Games have evolved far beyond what Coubertin imagined. Today, the world of Olympic sport involves tremendous amounts of money and intimate association with commercial enterprise.

For most of the first century of the modern Games, the International Olympic Committee was a small operation of dedicated staff and volunteer members. Most National Olympic Committees also had modest budgets. In the United States, the USOC often resorted to grassroots fundraising in order to field teams.

As the Olympic Games and mass media grew side by side, the Games began to attract commercial interest. The sale of television rights and corporate sponsorships helped offset the operational expenses of the IOC and local organizers. The nature of commercial sponsorship changed radically with the 1984 Los Angeles Games. The innovative and aggressive marketing of the Games, and the existence of suitable facilities that precluded the need for expensive construction, helped produce a surplus of \$225 million (U.S.), a staggering sum by all previous standards. The Los Angeles organizers demonstrated that corporations were willing to spend huge sums of money to associate themselves with the Olympic Games.

In 1985, the IOC established TOP (The Olympic Program). Under this program, corporations pay tens of millions of dollars for status as official Olympic sponsors over a four-year period. Likewise, local organizing committees have attracted large corporate sponsorships and conducted aggressive marketing and merchandising campaigns of their own. Television revenues have continued to soar. In 1995, the National Broadcasting Company (NBC) agreed to pay an estimated \$1.2 billion for the United States rights to broadcast the 2000 Sydney and 2002 Salt Lake City Games and added another \$2.3 billion for the rights for the 2004, 2006 and 2008 Games. For the six games from 2022-2032, NBC has paid a record \$7.75 billion for

the broadcast rights. These developments have produced tremendous revenue for the Olympic Movement.

Such close association of the Olympic Games with commercial entities has brought criticism of the IOC. Some believe that the Olympic Movement has seriously compromised its principles and left itself far too susceptible to the wishes of commercial enterprises.

The increased wealth of the IOC, however, has allowed the Olympic Movement to expand both the nature and reach of its activities. Foremost among these activities is Olympic Solidarity, a program intended to spread the Olympic Movement throughout the world. Olympic Solidarity offers scholarships, sports education programs, and direct financial aid to National Olympic Committees, especially those of developing countries.

(Source Chapters 2.1 to 2.5: Amateur Athletic Foundation of Los Angeles www.aafla.org)

2.6.- The Olympic Charter

The Olympic Charter is the codification of the Fundamental Principles of Olympism, Rules and Bye-Laws adopted by the International Olympic Committee. It governs the organisation, action and operation of the Olympic Movement and sets forth the conditions for the celebration of the Olympic Games. In essence, the Olympic

Charter serves three main purposes:

- a) The Olympic Charter, as a basic instrument of a constitutional nature, sets forth and recalls the Fundamental Principles and essential values of Olympism.
- b) The Olympic Charter also serves as statutes for the International Olympic Committee.
- c) In addition, the Olympic Charter defines the main reciprocal rights and obligations of the three main constituents of the Olympic Movement, namely the International Olympic Committee, the International Federations and the National Olympic Committees, as well as the Organising Committees for the Olympic Games, all of which are required to comply with the Olympic Charter.

2.6.1.- Fundamental Principles of Olympism.

They are described at the Olympic Charter as follows:

- 1) Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example and respect for universal fundamental ethical principles.
- 2) The goal of Olympism is to place sport at the service of the harmonious development of man, with a view to promoting a peaceful society concerned with the preservation of human dignity.
- 3) The Olympic Movement is the concerted, organised, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism. It covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games. Its symbol is five interlaced rings.

4) The practice of sport is a human right. Every individual must have the possibility of practising sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play. The organisation, administration and management of sport must be controlled by independent sports organisations.

5) Any form of discrimination with regard to a country or a person on grounds of race, religion, politics, gender or otherwise is incompatible with belonging to the Olympic Movement.

6) Belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC.

The complete text of the Olympic Charter can be found at
http://www.olympic.org/Documents/olympic_charter_en.pdf

3.- THE INTERNATIONAL OLYMPIC ACADEMY

3.1.- The Vision Of The IOA

To explore and enhance the contribution of olympism to humanity in the 21st century.

The International Olympic Academy functions as a multicultural interdisciplinary centre that aims at studying, enriching and promoting Olympism. The foundation of such an institution was inspired by the ancient Gymnasium, which shaped the Olympic Ideal by harmoniously cultivating body, will and mind. On the eve of the 21st century, the centennial anniversary of the revival of the Olympic Games coincides with the global scale changes that are affecting every aspect of human thought and activity.



We, our cultures and our civilisations have already entered a greater transitional period in which the images of the world that we were used to taking for granted are being altered. The interrelated scientific, technological, economic, political and social developments that characterise the course of humanity towards the third millennium are influencing each and every idea, norm and institution of our international community.



This dynamic wave is also opening up new forms of dialogue for the future of Olympism. Moreover, as can be seen through the study of its age-long history, the Olympic Ideal has always been conceived and formed according to the wider conditions prevailing during different periods in time. The birth, the prosperity, the decline and the revival of the Olympic Games have all been the reflection of the wider cultural conditions that shaped each

era.

The speculations and potentials still evolving out of the Olympic Movement are naturally arising in the realisation process of such an Ideal. "Olympism", after all, in the words of Pierre de Coubertin, "is not a system, it is a state of mind. It can permeate a wide variety of modes of expression and no single race or era can claim to have the monopoly of it".

The International Olympic Academy provides a unique opportunity for students, academics, athletes, artists and officials from all over the world to exchange ideas and share this "state of mind" in Ancient Olympia. The wide variety of educational sessions, academic programmes and in depth research studies that are offered, all aim towards serving the vision of the International Olympic Academy for the new century: to explore and enhance the contribution of Olympism to humanity.

3.2.- The Ancient Games

3.2.1.- The Legacy Of Ancient Greece

The roots of the Olympic Spirit can be found in the ancient Greek civilization. In Ancient Greece, sport was part of man's overall education, which cultivated in a balanced and harmonious way his intellectual, mental and physical faculties.

The Olympic Games were held from 776 B.C. to 394 A.D. every four years in Olympia.

They formed an integral part of a way of life, a cultural experience. Their significance compared to the other Pan-Hellenic meetings and contests between city states was so great that the four-year period between the games was called an Olympiad and served as a chronological method. During that period, the youth prepared themselves physically, morally and spiritually so as to reach the crest of their abilities at the epitome of the Olympiad, the Olympic Games.

The palestras and gymnasia, which were both sports and educational facilities, were to be found in every city, next to the temples and market places. Socrates, Aristotle and many of the famous philosophers of ancient Greece taught in the gymnasia, while Plato was himself an eminent athlete. The process of education continued after puberty, contributing to the learning of citizens and the life-long development of their mind.



Young people were taught arts, philosophy and music; at the same time they exercised their body in pursuit of the ideal of "kalokagathia", virtue and beauty. In a similar way they cultivated the spirit of fair competition and sportsmanship, while seeking to achieve harmony in everything.

In accordance with tradition, the origins of sport and the Olympic games in particular are to be found in prehistoric times. The gods and heroes of Greek mythology were the first to take part in contests, becoming role models for all Greeks.

The conquest of victory at the Olympic Games was the highest honour for athletes and their city.

Olympic victors were considered heroes. The cities tore down their walls when the Olympic victors returned to their homeland, to show how secure they felt to have among their citizens Olympic winners whose feats were extolled in poems and sculptures.

More than 40,000 people, athletes, philosophers, politicians, artists, poets, and other pilgrims travelled from all over the Greek world to Olympia to watch the Games.

The protection of athletes and spectators during their hard journey was guaranteed by the holy truce when all hostilities and warfare ceased.

Olympia, as a neutral and sacred place, was able to promote in a unique way, beyond the trivia of everyday life, the ideals of peace, freedom, equality and mutual respect.

The thinkers of the Enlightenment looked to the ancient Greek spirit for inspiration and guidance.

It was this civilization, as it was expressed through the Olympic Games, that Baron Pierre de Coubertin and those who before and after him contributed to the realization of this unique vision, fostered by educational pursuits, wanted to revive.

3.2.2.- The Olympic Games In Ancient Olympia



The Sanctuary of Olympia existed long before the Geometric era (9th-8th B.C.) - even before the 12th century BC. The first shrine was the "Gaeon", an altar dedicated to Mother Earth. The god Cronos was worshipped here, to be superseded by Zeus, when the latter defeated him in wrestling, as Greek myth has it. In Olympia, the Idaean Hercules had his brothers, the Idaean Daktyloi, compete in foot-race after he had marked the place and length of the track.

He thus set the foundations for the Olympic Games, and he was also the first to crown the winner with the "kotinos" - a wild olive shoot.

The founder of the Games is thought to be Aethlios, the first king of Elis, whose name is associated with the word 'athlete'. There are many others, who are claimed to be the founders of the Games, according to various myths - among them Peisos, Oinomaos, Pelops, Pelias, Neleus, Oxylos and others.

The first historical data about this grand religious and athletic feast in Olympia date from the early 8th century B.C.; in the year 884, according to ancient sources, King Ifitos of Elis, the legislator Lykourgos of Sparta and the tyrant Cleosthenes of Pissa signed an agreement according to which the sanctuary would be inviolable and all wars would stop during the festival.

This agreement was called "Ekecheiria" (Truce) and designated the whole of Elis and the sanctuary of Olympia as sacred and inviolable.

The numbering of the Olympiads began from 776 B.C., because no named winners were known before that date.

Such was the position of the Games in the life of Greeks that, already in the Classical era, the Olympiads were often used for dating the events in the history of Greece. Over time, the Games in Olympia became the most important event for the whole of Greece, and Olympia was the Pan-Hellenic athletic centre.

If Delphi was the centre of the Earth, as Greeks believed, there is no doubt that Olympia was the heart of Greece.

3.2.3.- The Contests

For many years, there was only one event - the "stadion" foot-race (1 stadion = 192 m.). More events were added from 724 B.C. onwards: the diavlos race (2

stadia), the "dolichos" (24 stadia), wrestling, the pentathlon (708 B.C.), boxing (688 B.C.), chariot racing, the pancration (648 B.C.), equestrian sports, boys' contests, etc. Equally old, it seems, were the Heraea - athletic contests for young women.

The prizes were useful presents initially, but from 752 B.C. the award was a wreath of "kotinos", i.e. wild olive. The Games were administered by the Hellanodikai, eminent men of Elis, who were aided by the 'alytai' and the staff bearers. At first, the Games lasted one day, but when more events were added, the duration was extended to five days - three days for the contests and the first and fifth day reserved for ceremonies and sacrifices. The glory of Olympia lived on for some 1,200 years and was so great as to prompt the famous poet Pindar to write: "Just as there is nothing stronger or more brilliant than the light of the sun, so there is no contest that is greater or more brilliant than the one in Olympia".

3.2.4.- Changes in the character of the Games

Several factors and historical events contributed to the change in the character of the Games. Professionalism, a desire for material benefits and a considerable emancipation of the games from religious dominance and violations of the truce had already appeared by the end of the 5th century B.C. However, the games continued under the authority of the sanctuary of Olympia, and an Olympic victory was still the most important milestone in one's life.



When Greece was incorporated into the Roman Empire (27 B.C.), the games were open to Roman officials, emperors even, and eventually to all citizens of the vast dominion; Egyptians, Spaniards, Syrians, Armenians and others are often among the Olympic winners, which means that the Games in Olympia were no longer merely panhellenic - they had become universal.

An order by Theodosius I in 393/4 A.D. signalled the end of the games.

This ban was ratified by Theodosius II in 424 A.D. The athletic pulse of Greece ceased to beat every four years and Olympia was ruined by earthquakes, fires, floods and suffered the ravages of barbarian plunderers and invaders.

Olympia was no more. However, its immortal spirit, its ideology and the philosophy of the Olympic Games survived and were passed on through modern Greece and Pierre de Coubertin to the entire modern world.

The Olympic Games were revived in Athens in 1896 and continue to this day with the participation of athletes from all nations.

3.3.- The Olympic Movement

Olympism is a philosophy of life, where blending sport and culture with art and



education aims to combine in a balanced whole the human qualities of body, will and mind.

Olympism is a way of life based on respect for human dignity and fundamental universal ethical principles, on the joy of effort and participation, on the educational role of good example, a way of life based on mutual understanding.

The International Olympic Movement aims at practically implementing the Olympic Ideals through a conglomeration of organisations and individuals. The Olympic Movement embraces the IOC, the NOCs, the IFs, the IOA, the NOAs, Olympic Solidarity, athletes, sport officials and coaches, educationists and all persons and institutions whose goal is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, and in the Olympic spirit which requires mutual understanding with a spirit of friendship, solidarity and fair play.



The supreme authority of the Olympic Movement is the IOC, created by the Paris Congress on 23rd June 1884. The IOC's role is to lead the promotion of Olympism in accordance with the Olympic Charter.

The IOC encourages the development of sport on all levels and cooperates with competent organizations and authorities in an endeavour to place sport, free of all discrimination and transgression of limits at the service of humanity. It encourages the promotion of sport ethics and Olympic Ideals and takes measures to protect athletes and the unity of the Olympic Movement.

The IOC ensures that the Olympic Games, the sport and cultural festivals of the Olympic Movement are held regularly, with regard to the Olympic principles and the environment, and in accordance with the Olympic Charter.

The Olympic Games consist of the Games of the Olympiad and the Olympic Winter Games. Both take place every four years. They are competitions between athletes in individual or team events, not between countries.

The IOC recognises education as the backbone of the Olympic Movement, and thus supports the International Olympic Academy and other institutions devoted to Olympic education.

3.4.- Mission Of The International Olympic Academy

The aim of the International Olympic Academy is to create an international cultural centre in Olympia, to preserve and spread the Olympic Spirit, study and implement the educational and social principles of Olympism and consolidate the scientific basis of the Olympic Ideal, in conformity with the principles laid down by the ancient Greeks and the revivers of the



contemporary Olympic Movement, through Baron de Coubertin's initiative.

The mission of the IOA is:

- To function as an International Academic Centre for Olympic Studies, Education and Research.
- To act as an International Forum for free expression and exchange of ideas among the Olympic Family, intellectuals, scientists, athletes, sport administrators, educators, artists and the youth of the world.
- To bring together people from all over the world, in a spirit of friendship and cooperation.
- To motivate people to use the experiences and knowledge gained in the IOA productively, in promoting the Olympic Ideals in their respective countries.
- To serve and promote the Ideals and principles of the Olympic Movement.
- To cooperate with and assist the National Olympic Academies and any other institutions devoted to Olympic Education.
- To further explore and enhance the contribution of Olympism to humanity.

3.5.- History Of The International Olympic Academy

In 1927, Pierre de Coubertin was invited by the Greek government to Olympia to attend the unveiling of a commemorative stele created in order to honour his actions to revive the Olympic Games.

During his stay in Greece, he discussed the need for an academic centre for the study of the Olympic Movement and its trends with his friend Ioannis Chrysafis, who headed the Department of Physical Education at the University of Athens.



Coubertin believed that the Olympic Movement should not deviate from its educational objectives and had written: "I have not been able to carry out to the end what I wanted to perfect. I believe that a centre of Olympic studies would aid the preservation and progress of my work more than anything else, and would keep it from the false paths which I fear."

Coubertin's ideas were in accord with the aims of the Hellenic Olympic Committee, which wanted to set up an academic centre modelled after the ancient Gymnasium, to lay down the foundations for the educational value of sport by carrying out studies and organising classical games. The sudden deaths of Chrysafis (1930) and Coubertin (1937) prevented them from implementing their ideas.



One year after Coubertin's death and following his own wish, his heart was placed inside the commemorative stele in Ancient Olympia. This rekindled the idea for the establishment of a centre for the Olympic Games in Ancient Olympia.

The project was taken up by Ioannis Ketseas, a student of Chrysafis at the National Gymnastics Club and

Secretary of the Hellenic Olympic Committee and the German Carl Diem, a close associate of Coubertin devoted to the Olympic Movement and education.

Diem and Ketseas, who had worked together for the first Torch Relay from Olympia to Berlin in 1936, decided to work toward the realisation of a Centre for Olympic Studies.

By 1938 they had prepared a plan for an institution named International Olympic Academy and had submitted it to the Hellenic Olympic Committee.

The HOC adopted the plan, and that same year, incorporated in its Charter the establishment and operation of the IOA, as one of the Committee's aims.

At the 38th IOC Session in Cairo, the members of the IOC were informed by the HOC about the law recently adopted for the establishment of an Olympic Academy in Greece.

One year later, in the 39th IOC Session in London, the IOC decided to place this foundation that would promote the Olympic ideals through education under its auspices. Following the end of World War II, a detailed memorandum about the operation of the Academy, drafted by Ketseas and Diem, was submitted to the 41st IOC Session in Stockholm in June 1947.



On the 28th of April 1949, the 44th IOC Session in Rome unanimously approved the establishment of the IOA, and assigned its implementation and operation to the Hellenic Olympic Committee, under the auspices of the IOC. Several years later and after a long struggle, the first IOA Session was scheduled for the summer of 1961 to coincide with the opening ceremony of the ancient stadium of Olympia, which had been excavated (thanks to the initiative of Carl Diem), who funded the project who provided the expenses for the project.

The International Olympic Academy was officially inaugurated on the 14th of June 1961, and the proceedings of the first Session were headed by Cleanthis Paleologos, Director of the Physical Education Department of the University of Athens, and the German Professor Lotz.

From 1962 to 1989 the academic pursuits of the Academy were coordinated by its late Dean, Otto Szymiczek, whose contribution to the development of the Academy was invaluable; along with Professor Paleologos, who had been made honorary vice president of the Academy, they charted the course for three decades, and were both awarded the Gold Medal of the Academy.

The contribution of N. Nissiotis, Professor of the philosophy of religion, was also instrumental in the scientific development of the IOA. He presided over the Academy from 1976 to his death in 1986.

During its first decade of operation, the activities of the IOA were limited to the International Session for Young Participants. From 1970, the IOA



progressively implemented additional educational programmes devoted to the issues of the Olympic Movement.

Today, some 40 different events take place every year on the premises of the IOA in Ancient Olympia. Until 1966, participants lived in tents, and the Sessions were held under the pine trees. The first buildings were completed in 1967, and they have gradually been added to with sports facilities and new buildings. The new conference centre was completed in 1994, bringing state of the art facilities to the service of the participants.

In recognition of its contribution to the humanistic aim it serves and to the development of the Olympic Movement, the IOA was awarded the Bonacosa Award in 1961 and 1970, and the Olympic Cup in 1981.

3.6.- Educational Programmes Of The International Olympic Academy

- International Session for Young Participants
- International Post Graduate Seminar on Olympic Studies
- Joint International Session for Directors of NOAs, Members and Staff of NOCs and IFs
- Joint International Session for Educationists and Staff of Higher Institutes of Physical Education
- Olympic Medallists
- Master's Degree Program in Olympic Studies
- Special Sessions for institutions related with Olympism: National Olympic Committees, National Olympic Academies, International Sport Federations, F.I.E.P., Sport Medical Societies, Unions of Coaches, Referees, Sports Administrators, etc.
- Special Sessions for Institutions indirectly related with Olympism (C.I.S.M., Teachers, etc.) aiming to promote the Olympic Ideal.
- Educational visits of groups from various institutions (Universities, Graduate schools, schools, Sports Clubs)
- Visits of Researchers of Olympic subjects
- Conferences on Sports

All the IOA Sessions are held in Ancient Olympia and participants are accommodated in the guestrooms located on the Academy grounds.

The IOA has three official languages, English, French and Greek, and participants must be fluent in at least one in order to participate in the educational programmes.



3.7.- National Olympic Academies

The IOA acts as coordinator for the National Olympic Academies which are its branches, functioning as transmitters and amplifiers of the Academy's ideas by means of the National Programmes of Olympic Education.

The Olympic Programmes must provide incentives for young people to study foreign languages and the cultural traditions of other nations, as well as provide information on environmental and peace issues, and on matters of the economy, health and education.

The programmes must encourage the active involvement of young people in sporting activities and be useful to the educational systems of the various countries.

The IOA also assists NOCs in establishing National Olympic Academies, with the aim to inspire people and promote the Olympic Philosophy and Ideals. It provides guidelines for the promotion of the Olympic Programmes of the IOA taking into consideration the fact that educational systems differ among different countries and that the structure and operation of NOCs and NOAs reflect those differences.



National Olympic Academies should cooperate with various organisations in order to develop Olympic Education Programmes: with the IOA, National Federations, the Councils for Primary, Secondary and Tertiary Education, local authorities, Bid Committees for hosting the Olympic Games or with the Organising Committees if their country is to host the Olympic Games.

The objective of the NOAs should be to approach Olympic Education from a practical rather than from a theoretical perspective. The programmes should be flexible enough to respond to the needs of the young, adaptable into both printed and electronic forms of speech and addressed to the whole society.

3.8.- Administration Of The IOA – EPHORIA

EPHORIA OF THE INTERNATIONAL OLYMPIC ACADEMY	
Isidoros KOUVELOU	President
Michail FYSENTZIDIS	Vice-President
Kostantinos GEORGIADIS	Dean
Dionyssis GANGAS	Director
Spyridon CAPRALOS	Member
Emmanuel KATSIADAKIS	Member
Lambis NIKOLAOU	Member
Ioannis SGOUROS	Member
Efthymios KOTZAS	Member
Christina KOULOURI	Member
Dora PALLIS	Member
Jacques ROGGE	Honorary President
Pere MIRO	Honorary Member
Makis MATSAS	Honorary Member

The organization and operation of the IOA are supervised by a Committee known as the Ephoria.

The Ephoria is a board of trustees elected by the Hellenic Olympic Committee for a four year period.

The HOC has the control and responsibility for the overall organisation of the IOA which is also under the auspices of the IOC.

The Ephoria is made up of the ex-officio IOC members in Greece, at least four representatives of the HOC and at the most three personalities who have distinguished themselves in promoting the Olympic Movement.

A special IOC Commission was created in 1967 to link the IOA to the IOC, to Olympic Solidarity and the Olympic Movement in general.

This commission is named the «IOC Commission for the International Olympic Academy and Olympic Education». The members of this commission are elected by the IOC General Assembly. From 1980 the commission includes one representative from the National Olympic Committees, one from the International Sports Federations, and one from the IOC's athletes' Commission. The proceedings of the IOA Sessions are chaired by the President and the Dean of the International Olympic Academy.

In 2000 the IOC commission for the IOA was merged with the IOC culture commission, resulting in the IOC omission for culture and Olympic Education.

3.9.- International Olympic Academy Facilities

The IOA operates from its magnificent premises which are situated a few hundred yards from the sacred site of Ancient Olympia.

The IOA's grounds are sprawled over 225 acres of beautiful green and hilly countryside.

All the buildings are functional and elegant in their simplicity, built so as to blend in with the purity and serenity of their surroundings.

The single storey guest houses can accommodate 250 guests in single and double guestrooms and dormitories, accommodating 4 to 8 persons.



Other facilities include a restaurant, an office building, the Otto Symitsek Lecture Hall, with a capacity of 110 persons, offering simultaneous interpretation in four languages, and the Historic Archive of the ATHENS 2004 Organizing Committee for the Olympic Games.

The new Conference Centre, which was completed in 1994, is a three level building covering 1,800 sqm, built to blend in with the environment and provide the IOA with state of the art facilities.

These facilities include:

- An amphitheatre for 450 persons, with simultaneous translation in 8 languages and full audiovisual equipment

- Two conference rooms for 50 persons each with simultaneous interpretation in 4 languages
- An administrative wing
- A library/reading room and sorting room covering 350sq.m
- A cafeteria and lobby
- Auxiliary facilities

Sports activities play an integral part in the IOA Sessions and the Academy sports facilities included

- A soccer field
- A 25 metre swimming pool
- A 250 m. running track
- 2 basketball courts
- 2 volleyball courts
- 2 tennis courts

3.10.- International Olympic Academy Library

The Library is open to the public, free of charge, from 08:30 a.m. to 20:00 p.m. every day during the summer time (May-September)

The fully computerised I.O.A. Library, which specialises in sport and Olympism, reflects and promotes the educational and research aims of the Olympic Family, through its resources which include the following:

Collections

- Books: 15.000 volumes
- Magazines: 250 titles
- Different material: videotapes (325), films (110), sound tapes (about 100), CD-ROMs (25) photographs (about 1000), Olympic torches (about 20).

Special Collections

- "Ioannis Ketseas" Library, IOPPA, sport theses (Ph.D.), Official reports of Olympic Games, sport journals, posters, "bid cities" candidacy files

Bibliographies can be accessed through

- Library computerised catalogue
- Internet,
- CD-ROMs
- Microforms
- Periodical lists of the Greek scientific libraries of the National Documentation Centre

3.11.- The Archaeological Site Of Ancient Olympia

In his Olympian Speech (33,2) the famous ancient orator Lysias described the region of Olympia as "the most beautiful place in Greece".

It was a land the ancient world saw as "sacred", because with the truce it proclaimed the city-states of that time had to stop fighting against each other during the religious and athletic activities of the Olympic Games.

For almost 1,200 years the Olympic land was glorified by divine legends and graced by the Olympic Games.

The holy grove of Olympia, the Altis, lies in the green valley formed by Alpheios, the 'king' of Peloponesian rivers, the river Kladeos, small and rapid in those days, and the small hill of Kronion.



This grove with its wealth of sacred monuments, temples, altars, votive columns, statues, buildings, etc. was the place where free people from all over the contemporary world gathered to admire beauty and strength in their purest and most brilliant form.

The strength and beauty of

the contestants arose from a noble competitive spirit based on physical and mental contest. the fruit of this competition was the most coveted gift of life - health, physical well-being, mental and physical beauty: the things even simple visitors could feel and enjoy.



3.12.- The Archaeological Museum In Ancient Olympia

The finds discovered in the course of the excavations at Olympia are exhibited in the Olympia Archaeological Museum.

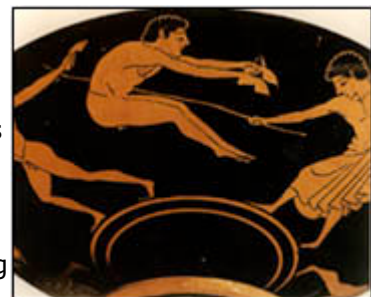
The two pediments from the Temple of Zeus are among the most magnificent examples of ancient Greek sculpture, and indeed from the period of its zenith.

The east pediment shows the preparation for the mythical chariot race between Pelops and Oinomaos, king of Homeric Pisa, while the west shows the beloved subject of the struggle between the Centaurs and Lapiths, with the superb figure of Apollo at the centre.



The metopes of the temple represent the Twelve Labours of Heracles, the offering of the Stymphalian birds to Athena, Atlas bearing the apples of the Hesperides to Heracles, and so on.

Paionios' statue of Nike descending from heaven, an ex-voto of the Messenians and Naupactians in 421 BC, is one of the most significant sculptures of Classical times.



Other outstanding exhibits in the Museum are the terracotta

group of Zeus with Ganymede, the colossal head attributed to the cult statue of Hera and the famous statue of Hermes with the newborn Dionysos, an original work by Praxiteles, displayed in a hall to itself.

Among the dedications to Zeus by the city-states in gratitude for their victories are exhibited hundreds of individual dedications of athletes and of their pilgrims made out of marble, bronze, clay etc. representative of all the faces of the long period of Greek art, from the mycenaeum down to the late Roman period.

3.13.- Modern Olympic Games Museum

The IOA is responsible for the first Modern Olympic museum, founded in 1961. The museum was based on the collection of Georgios Papastefanou, who was the first to believe in the possibility of spreading the Olympic Idea and Education through a museum.



To this end, Papastefanou donated a building along with his extensive collection to the Hellenic Olympic Committee. The museum is housed in a building supported by the General Secretariat for Sport, in the village of Ancient Olympia. The museum contains rare memorabilia from the Modern Olympic Games, photographs, medals, diplomas, cups, etc., and a valuable collection of rare stamps. Various Olympic Committees and individuals have donated items that admirably complement the Museum collection.

3.14.- Coubertin Grove

Sacred Olympia, the birthplace of the Ideals to which Coubertin had devoted his life, always held a special place in his heart. After his death in 1937, according to his last wishes, his heart was taken to Olympia, to rest in peace forever in the commemorative stele, which had been commissioned in his honour by the Greek government in 1927.

The stele stands in the Coubertin Grove and is a part of the IOA grounds. Every Session of the IOA starts with the ceremonial laying of wreaths at Coubertin's stele and that of the founding fathers of the Academy, John Ketseas and Carl Diem, in honour of their vision and life's work.



The Coubertin Grove is also visited and paid homage to by the first runner in the Olympic torch relay, following the lighting of the Olympic Flame on the Altar of Hera in Ancient Olympia. The runner lights a marble altar in the Grove, in honour of the man who revived the Olympic Games, and afterwards sets off, thus beginning the traditional race to Athens and ending up at the host city.



3.15.- Pnyx Annual Ceremony

Every year, in keeping with tradition, the opening ceremony of the International Session for young participants, is held on the sacred Hill of Pnyx.

This is a site of major historic significance, the place where the Athenian Democracy was born 2,500 years ago.

The summit of the hill of Pnyx was given its present shape in the 4th century B.C.

Against the magnificent backdrop of the Acropolis, high above Athens, on the Hill of the Pnyx, the world is welcomed to Greece, to the International Olympic Academy, to Olympism and to a philosophy, which is the legacy of centuries.

(Source Chapters 3: International Olympic Academy website www.ioa.org.gr)



4.- INTERNATIONAL OLYMPIC ACADEMY PARTICIPANTS ASSOCIATION (IOAPA)

4.1.- Introduction

The participants of the 1985 Main Session, led by the late Hans Van Haute (Belgium) together with participants from the 1986 Main Session, coordinated by Ingolfur Hanneson (Iceland) and Yiannis Zoumpoulis (Greece), were the key players in the formation of the International Olympic Academy Alumni Association (IOAAA) which later became the International Olympic Academy Participants Association (IOAPA).

An informal newsletter provided the forum for disseminating information regarding a "reunion" to be held in 1989. This gathering of sixty-one former participants of the main session, under the auspices of the IOA, formed the inaugural session of the International Olympic Academy Participants Association.

The IOAPA has grown from the humble beginning in 1989 to over 900 members coming from 100+ countries in April 2016. Organized IOAPA sessions lasting 5 to 6 days are held regularly every two years, during the summer months, at the IOA premises.

IOAPA MISSION STATEMENT

To foster an international and multicultural Olympic fellowship of IOA past participants, providing tools and resources to facilitate Olympic education and support Olympism worldwide.

4.2.- Purpose Of The IOAPA

To further the aims of the IOA by engaging in Olympic Education Programs in their home country and abroad;

To further the cause of Olympism by providing support to, and a network of, national and international contacts for graduates of the IOA in their continuing task of spreading Olympism;

To provide support and assistance to NOAs, and where such do not exist, to assist in the development of the country's NOA;

To provide commentary, assistance and advice to the IOA;

To organise regional IOAPA Sessions at which members of the association may share practical experience with respect to the task of spreading Olympism, and rekindle enthusiasm for that task, through personal contact with other members of the association;

To organise the official IOAPA session held every two years in Olympia at the IOA premises;

To facilitate the exchange of information on Olympic education between members of the IOAPA.

For more information on the association and how to become a member please visit www.ioapa.org or contact the Association at info@ioapa.org

5.- GREECE: COUNTRY INFORMATION BACKGROUND

President: Prokopis Pavlopoulos (2015)

Prime Minister: Alexis Tsipras (2015)

Land area: 50,502 sq mi (130,800 sq km); total area: 50,942 sq mi (131,940 sq km)

Population and stats (2015 est.): 10,775,643 (growth rate: -0.01%);

Birth rate: 9.7/1000; infant mortality rate: 5.4/1000; life expectancy: 79.2;

Density per sq mi: 212

Capital (2015 est.): Athens, 3,052,000 (metro. area)

Other large cities: Thessaloníki, 361,200; Piraeus, 179,300; Patras, 167,000

Monetary unit: Euro (formerly drachma)

Languages: Greek 99% (official), English, French

Ethnicity/race: Greek 93%, other 7%; note: the Greek government states there are no ethnic divisions in Greece

Religions: Greek Orthodox 98%, Islam 1.3%, other 0.7%

Literacy rate: 97.7% (2015 est.)

Economic summary: GDP/PPP (2015 est.): \$281.6 billion; per capita \$25,600. Real growth rate: -2.3%. Inflation: -1.4%. Unemployment: 25.8%. Arable land: 19.7%. Agriculture: wheat, corn, barley, sugar beets, olives, tomatoes, wine, tobacco, potatoes; beef, dairy products. Labor force: 4.774 million; agriculture 12.5%, industry 13.9%, services 73.6% (2013 est.). Industries: tourism; food and tobacco processing, textiles; chemicals, metal products; mining, petroleum. Natural resources: lignite, petroleum, iron ore, bauxite, lead, zinc, nickel, magnesite, marble, salt, hydropower potential. Exports: \$25.31 billion (2015 est.): food and beverages, manufactured goods, petroleum products, chemicals, textiles. Imports: \$47.21 billion (2015 est.): machinery, transport equipment, fuels, chemicals. Major trading partners: Turkey, Italy, Germany, Bulgaria, Cyprus, Russia, Iraq, China, Kazakhstan, Netherlands, France (2014). Communications: Telephones: main lines in use: 5.22 million (2014); mobile cellular: 12.8 million (2014). Radio broadcast stations: AM 26, FM 88, shortwave 4 (1998). Television broadcast stations: 36 (plus 1,341 low-power repeaters); also two stations in the US Armed Forces Radio and Television Service (1995). Internet hosts: 3.201 million (2012). Internet users: 6.2 million (2014), 57.9% of population.

Transportation: Railways: total: 2,548 km (2014). Highways: total: 116,960 km; paved: 41,357 km (including 1,091 km of expressways); unpaved: 75,603 km (2010 est.). Waterways: 6 km; note: Corinth Canal (6 km) crosses the Isthmus of Corinth; shortens sea voyage by 325 km (2012). Ports and harbors: Agioitheodoroi, Aspropyrgos, Irakleion, Pachi, Piraeus, Thessaloniki. Airports: 68 (2013 est.).

International disputes: Greece and Turkey continue discussions to resolve their complex maritime, air, territorial, and boundary disputes in the Aegean Sea; Greece rejects the use of the name Macedonia or Republic of Macedonia; the mass migration of unemployed Albanians still remains a problem for developed countries, chiefly Greece and Italy.

Geography: Located in southern Europe, Greece forms an irregular-shaped peninsula in the Mediterranean with two additional large peninsulas projecting from it: the Chalcidice and the Peloponnese. The Greek Islands are generally subdivided into two groups, according to location: the Ionian Islands (including Corfu, Cephalonia, and Leucas) west of the mainland and the Aegean Islands (including

Euboea, Samos, Chios, Lesbos, and Crete) to the east and south. North-central Greece, Epirus, and western Macedonia are all mountainous. The main chain of the Pindus Mountains extends from northwest Greece to the Peloponnese. Mount Olympus, rising to 9,570 ft (2,909 m), is the highest point in the country.

Government: Parliamentary republic.

History: Indo-European peoples, including the Mycenaeans, began entering Greece about 2000 B.C. and set up sophisticated civilizations. About 1200 B.C., the Dorians, another Indo-European people, invaded Greece, and a dark age followed, known mostly through the Homeric epics. At the end of this time, classical Greece began to emerge (c. 750 B.C.) as a loose composite of city-states with a heavy involvement in maritime trade and a devotion to art, literature, politics, and philosophy. Greece reached the peak of its glory in the 5th century B.C., but the Peloponnesian War (431–404 B.C.) weakened the nation, and it was conquered by Philip II and his son Alexander the Great of Macedonia, who considered themselves Greek. By the middle of the 2nd century B.C., Greece had declined to the status of a Roman province. It remained within the eastern Roman Empire until Constantinople fell to the Crusaders in 1204. In 1453, the Turks took Constantinople and by 1460, Greece was a province in the Ottoman Empire. The Greek war of independence (immortalized by the poet Byron) began in 1821, and by 1827 Greece won independence with sovereignty guaranteed by Britain, France, and Russia. The protecting powers chose Prince Otto of Bavaria as the first king of modern Greece in 1832 to reign over an area only slightly larger than the Peloponnese peninsula. Chiefly under the next king, George I, chosen by the protecting powers in 1863, Greece acquired much of its present territory. During his 57-year reign, a period in which he encouraged parliamentary democracy, Thessaly, Epirus, Macedonia, Crete, and most of the Aegean islands were added from the disintegrating Turkish empire. Unfavorable economic conditions forced about one-sixth of the entire Greek population to emigrate (mostly to the U.S.) in the late 19th and early 20th centuries. An unsuccessful war against Turkey after World War I brought down the monarchy, which was replaced by a republic in 1923. Two military dictatorships and a financial crisis brought back the exiled king, George II, but only until 1941, when Italian and German invaders overcame tough Greek resistance. After British and Greek troops liberated the country in Oct. 1944, Communist guerrillas staged a long military campaign against the government; the Greek civil war, infamous for its brutality, began in Dec. 1944 and continued until Oct. 16, 1949, when the Communist guerrillas conceded defeat. The Greek government received U.S. aid under the Truman Doctrine, the predecessor of the Marshall Plan, to fight against the Communists.

Greece was a charter member of the UN and became a member of the North Atlantic Treaty Organization (NATO) in 1951. A military junta seized power in April 1967, sending young King Constantine II into exile. Col. George Papadopoulos, a leader of the junta, gradually attempted to modify his hard-line right-wing image. A coup ousted Papadopoulos in Nov. 1973.

A referendum in Dec. 1974, five months after the demise of the military dictatorship, ended the Greek monarchy and established a republic. Former premier Karamanlis returned from exile to become premier of Greece's first civilian government since 1967. Greece has continued to be ruled by freely elected civilian governments ever since. On Jan. 1, 1981, Greece became the 10th member of the European Union. Andreas Papandreu, son of former premier George Papandreu, founded the Panhellenic Socialist Movement (PASOK) and became Greece's first Socialist premier (1981–1989). Greece continued to experience tensions with Turkey over a disputed, unpopulated 10-acre island and over Cyprus, which is divided into Greek and Turkish sectors.

The pro-Western Socialist prime minister Kostas Simitis (1996–2004) was credited with reviving the Greek economy. Still, *The Economist* magazine estimated in 2001 that it would be at least another 15 years before the per capita GDP in Greece comes close to the current EU average.

In the summer of 2002, the government was finally able to crack down on the 17 November (17N) terrorist organization, which had eluded the Greek authorities for the previous 27 years. The radical leftist group was responsible for more than 20 assassinations of American, British, and Greek diplomats, military personnel, and businessmen. Greece was criticized for decades by the international community for being soft on terrorism, and confidence in its ability to provide adequate security during the 2004 Olympics was weak. In parliamentary elections in March 2004, the conservative New Democracy Party swept to power, defeating Pasok, the ruling Socialist Party. The new prime minister, Kostas Karamanlis, vowed to deliver a safe and successful Olympics. It cost Greece \$10 billion to hold the games.

The Greek economy averaged growth of about 4% per year between 2003 and 2007, but the economy went into recession in 2009 as a result of the world financial crisis, tightening credit conditions, and Athens' failure to address a growing budget deficit. By 2013 the economy had contracted 26%, compared with the pre-crisis level of 2007. Greece met the EU's Growth and Stability Pact budget deficit criterion of no more than 3% of GDP in 2007-08, but violated it in 2009, with the deficit reaching 15% of GDP. Deteriorating public finances, inaccurate and misreported statistics, and consistent underperformance on reforms prompted major credit rating agencies to downgrade Greece's international debt rating in late 2009 and led the country into a financial crisis. Under intense pressure from the EU and international market participants, the government accepted a bailout program that called on Athens to cut government spending, decrease tax evasion, overhaul the civil-service, health-care, and pension systems, and reform the labor and product markets. Austerity measures reduced the deficit to 3% in 2015. Successive Greek governments, however, failed to push through many of the most unpopular reforms in the face of widespread political opposition, including from the country's powerful labor unions and the general public.

In April 2010, a leading credit agency assigned Greek debt its lowest possible credit rating, and in May 2010, the International Monetary Fund and euro-zone governments provided Greece emergency short- and medium-term loans worth \$147 billion so that the country could make debt repayments to creditors. In exchange for the largest bailout ever assembled, the government announced combined spending cuts and tax increases totaling \$40 billion over three years, on top of the tough austerity measures already taken. Greece, however, struggled to meet the targets set by the EU and the IMF, especially after Eurostat - the EU's statistical office - revised upward Greece's deficit and debt numbers for 2009 and 2010. European leaders and the IMF agreed in October 2011 to provide Athens a second bailout package of \$169 billion. The second deal called for holders of Greek government bonds to write down a significant portion of their holdings to try to alleviate Greece's government debt burden. However, Greek banks, saddled with a significant portion of sovereign debt, were adversely affected by the write down and \$60 billion of the second bailout package was set aside to ensure the banking system was adequately capitalized. In exchange for the second bailout, Greece promised to step up efforts to increase tax collection, to reduce the size of government, and to rein in health spending. These austerity measures were designed to generate \$7.8 billion in savings during 2013-15, but in fact prolonged Greece's economic recession and depressed tax revenues.

In 2014, the Greek economy began to turn the corner on the recession. Greece achieved three significant milestones: balancing the budget - not including debt

repayments; issuing government debt in financial markets for the first time since 2010; and generating 0.8% GDP growth—the first economic expansion since 2007.

Despite the nascent recovery, widespread discontent with austerity measures helped propel the far-left Coalition of the Radical Left (SYRIZA) party into government in national legislative elections in January 2015. Between January and July 2015, frustrations between the SYRIZA-led government and Greece's EU and IMF creditors over the implementation of bailout measures and disbursement of funds led the Greek government to run up significant arrears to suppliers and Greek banks to rely on emergency lending, and also called into question Greece's future in the euro zone. To stave off a collapse of the banking system, Greece imposed capital controls in June 2015 shortly before rattling international financial markets by becoming the first developed nation to miss a loan payment to the IMF. Unable to reach an agreement with creditors, Prime Minister Alexios TSIPRAS held a nationwide referendum on 5 July on whether to accept the terms of Greece's bailout, campaigning for the ultimately successful "no" vote. The TSIPRAS government subsequently agreed, however, to a new \$96 billion bailout in order to avert Greece's exit from the monetary bloc. On 20 August, Greece signed its third bailout which allowed it to cover significant debt payments to its EU and IMF creditors and ensure the banking sector retained access to emergency liquidity. The TSIPRAS government—which retook office on 20 September after calling new elections in late August—successfully secured disbursement of two delayed tranches of bailout funds. Despite the economic turmoil, Greek GDP did not contract as sharply as feared, with official source estimates of a -0.2% contraction in 2015, boosted in part by a strong tourist season.

Source: *The World Factbook* 2013-14. Washington, DC: Central Intelligence Agency, 2013 .

<https://www.cia.gov/library/publications/the-world-factbook/index.html>

6.- PRACTICAL INFORMATION

6.1.- Weather

Check the weather forecast before you depart, but summers in Greece are hot and humid! Also, the sun is pretty intense, so bring some sunscreen and a hat for sightseeing and especially for sun tanning at the pool!

6.2.- Packing

The biggest favour you can do for yourself is to pack lightly. You and your luggage will spend a lot of time together during your trip, and you personally will be handling it most of the time. The general rule is that if you can't carry your luggage yourself, you have packed too much!

In addition to your normal clothing and sundries, it is suggested that you consider bringing:

- ☐ Guide book and map
- ☐ Trip journal
- ☐ Alarm clock
- ☐ Camera, film and extra batteries, and / or smartphone
- ☐ Voltage/plug adapter
- ☐ Umbrella
- ☐ Business cards
- ☐ Medications you need
- ☐ Insect repellent

The IOA provides you with one bath towel and one hand towel. Some people bring a beach towel to use at the pool and for the beach trip. The IOA changes the towels and bedding every three or four days.

6.3.- Upon Arrival

IOA staff will greet you upon arrival as you exit the baggage claim area, where you may be joined by some of your fellow participants as you await transportation to central Athens. Look for someone holding a sign that says "IOA" and has the logo on it. If you have waited more than an hour, and you can't find the contact people from the IOA, take a Taxi from the airport to the designated hotel and make sure you get a receipt.

Upon check in at the hotel, you will register at the IOA desk and receive your accreditation and IOA bag containing the program and schedule for your session. If you arrive late in the evening check in at the hotel desk. Breakfast will be served early the next morning and buses will leave for IOA activities at about 7:30 am. Don't miss out on anything!

The IOA will pay for one night's lodging in Athens prior to the Opening Ceremony and one night upon your return to Athens after the session. Meals are included. If you arrive early or stay later, plan to pay your own expenses, except in unusual circumstances.

The currency in Greece is the Euro. In case you need to change currency for your pocket expenses, there are currency exchange kiosks at the airport. However, probably you can get a better exchange rate if you change in a bank in your own country, prior to your departure. Many ATM machines will also accept non-Greek bank cards that are part of an international network (i.e. Plus, Cirrus, etc.).

6.4.- Room Situation

You are assigned roommates at the hotel upon arrival in Athens, at the IOA and at the hotel prior to departure in Athens. At the IOA, there will not be a key for each person, so you will have to coordinate your comings and goings. Try to avoid the temptation to switch roommates so that you can be with someone you know. The IOA assigns the roommates and it is not allowed to change except in special cases. The idea is so that you can experience another culture, and get to really know someone from another country. Most likely, you will not be in the same discussion group with your roommate. You will also have many opportunities to meet everyone during meals, workshops, sports and social evenings.

The IOA rooms have wireless internet (WiFi) access for Internet access and email. There are two kinds of rooms. The dormitory rooms accommodate 8-10 people with one bathroom and shower. There are double rooms also. All the rooms have air-conditioning, but it is not recommended to sleep with it on. Many people catch colds that way.

6.5.- Valuables

It is not recommended to bring large amounts of cash. Thefts have occurred in the past at the IOA. If you have cash, jewellery, a laptop or other valuables, you should lock them in your suitcase when you are out of the room. You can also leave some items in the safe in the secretariat.

6.6.- Connectivity

It is difficult to obtain access to newspapers and television while at the IOA, which probably is a good thing. This way, your "spare" time is spent interacting with the other participants rather than idling away in solitude. There is WiFi access in the campus, however sometimes is possible to connect only in the area close to the main conference building and dormitory areas. There are eight computers in the library building available for Internet access. The IOA has a fax line so you can receive faxes for free and to send them, there is a fee.

There are other 5 computers and 2 printers at IOA secretariat at the disposal of the participants for office work, without internet connection.

6.7.- Attire

You will need formal dress for the opening ceremonies in Athens (Hill of the Pnyx) and at the IOA in Olympia, in addition to the closing ceremony at the IOA upon conclusion of your session. For the sessions themselves, dress is a bit casual (t-shirts, shorts and sandals are acceptable). Just try to be tasteful and attentive to decorum given other participants' cultural sensitivities.

There will be sport activities, so bring your workout gear. The IOA has a laundry service where they wash and dry your clothes together with everyone else's, and occasionally, things do get lost. So you might want to mark your items, although you should not have them do any items that you are not prepared to live without.

6.8.- Typical Schedule

07:00	Piped in music on loud speakers
07:30-08:15	Breakfast
08:30	Lectures (mandatory)
11:00	Discussions (mandatory)
13:00-14:30	Lunch
17:00	Discussion (Mandatory)
18:30	Cultural Activities (sport, art, dance)
20:00-21:00	Dinner
21:00	Evening social, films

6.9.- Lectures

Typically, there will be two to three lectures in the mornings. The lecturers are guest speakers with expertise in the topics. Many will be IOC members, athletes, or Olympic organizers from hosting nations. Make sure you are punctual. Each lecture will last about 20 minutes followed by time for questions. Simultaneous translation is provided in Greek, French and English. Remember that for most attendees, English or French is their second or third (or fourth or fifth) language, and some presenters and participants may struggle a bit to understand and express themselves clearly in English and French. So please be patient. The good news is that hard copies of virtually all presentations are available in English and French.

6.10.- Discussion Groups

You will be participating in several discussion groups with 15-20 people in each group. The IOA strives to mix each group with consideration to gender, country and age, so by virtue of this design you will be thrust into groups with people from different cultures, traditions, languages and backgrounds.

Each group will have two coordinators who will facilitate the discussions. The coordinators are past IOA Participants whom are selected to help with the works of the IOA. They are from all over the world and are there to assist you in all the activities. They are also a great source of information about the Olympic Movement, the IOA and Olympia, so don't hesitate to ask them for help.

Be accepting and tolerant of others' views, including political, social, religious and cultural ideas that might be very different from your own, and give everyone a chance to fully express themselves. In short, respect everyone's differences and celebrate your similarities!

Each group will designate a secretary to record the ideas and draft the conclusions, and possibly to present the group's findings to the general assembly. It is often the case that the native English or French speakers are sought for these roles.

6.11.- Other activities

- ☐ visit to Ancient Olympia archaeological site
- ☐ visit to Archaeological Museum
- ☐ visit to Zacharo Beach
- ☐ fine arts workshop (painting, sculpture, photography)
- ☐ dance workshop
- ☐ literature and poetry workshop
- ☐ Sports tournaments (basketball, volleyball, tennis, table tennis, athletics, swimming, football). The volleyball, tennis, and basketball courts are on cement and the football field is not of a professional quality. Bring proper shoes if you plan to participate. The teams are mixed by experience, and gender, and the main theme of the competition is **FAIR PLAY!** These are not Olympic Competitions.

6.12.- Social Activities

Social evenings at the IOA feature songs, dances, skits and story telling (including jokes!) by the participants, so be prepared to participate, both as a presenter and active participant, to enhance your IOA experience! Bring small props if appropriate. In addition, sport movies are shown some nights, and there is table tennis adjacent to the cafeteria, as well as a bar that is open until late at night.

6.13.- Greek Food

The food is good and there is plenty of it, except for breakfast, which is on the light side. Breakfast is the same every day, and consists of corn flakes, milk, toast, coffee, yogurt, hard-boiled eggs, cold cut meats and juice. Lunch and dinner are substantial, and typically consist of a Greek salad, bread, fruit and a hot dish of beef, chicken or fish with vegetables and potatoes or rice. It is advisable to bring along some snacks and to buy some fruit and water for in-between meals. The cafeteria snack bar is open all of the time and they have ice cream, soft drinks, coffee, tea, beer, wine, chips, cookies and candy for sale.

Of course, you can always take a dinner or two in town for a change of pace.

6.14.- Beyond the IOA

The Village of Olympia is east of the IOA (take a right out the front gate) and is about a 15 minute walk (or you can call a taxi for about 4 euros each way). If you are walking, be extremely careful, especially at night when it is dark and the cars are speeding. To the west is the village of Miraka (15 minute walk) with some nice restaurants. Coordinators will sometimes organize a pre-dawn walk to Kronion Hill to see the sun rise over Olympia. It is about a 20-minute walk and certainly worth the effort!

6.15.- Gifts and Trading

Your NOC might provide a delegation gift that will be presented to the IOA during the closing ceremony. In addition, each participant might be provided with a small packet of lapel pins and other items for trading. You should also bring things on your own to augment your trading experience, such as t-shirts, caps, key chains, pens, decals, patches, bags, posters, music. basically anything with your country logo, pro team logos, or otherwise made in, or representative of your country or culture. Some participants might not have much to give you - perhaps a decal or charm, but it is a great remembrance.

It is always nice to have something to share with a group of new friends. Some homemade or snacks brought from home, a bottle of wine or anything that you can think of can enhance your care and-share experience!

6.16.- Travel after the session

If your NOC will allow you some flexibility in the dates of your trip, and you can make it, you might consider staying after a few days and visiting one of the Greek islands. Many of your new friends will do the same and you will have a great time. It is almost impossible to change the airline tickets once they are issued because they are deeply discounted fares. So plan ahead and see a bit of Greece before you head home.

6.17.- Some People to Know at the IOA

Isidoros Kouvelos, President
Dionyssis Gangas, IOA Director
Dr. Kostas Georgiadis, Dean
Antonia Borbotsialou, Secretary
Alexandra Skaliarakis, Secretary
Roula Vathi, Publications
Themis Lainis, Librarian
Vaggelis Yannaras, Superintendent of IOA facilities

6.18.- IOA Contact Information

In Athens:

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In Olympia:

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email: ioa@ioa.org.gr

websites: www.ioa.org.gr or www.ioa-sessions.org