



ANCIENT SPORTS & IDEALS



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YOUTH SPORTS TRAINING CENTER  
LOUTRAKI · GREECE  
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## IMAGINE PEACE JUNIORS CAMP for 10-16 yrs

An Experiential & Educational program on  
**ANCIENT GREEK SPORTS & IDEALS**  
realized on the premises of the  
**INTERNATIONAL OLYMPIC ACADEMY**

**21-29/7/2023**





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**ORGANIZERS**

**VENUE**

**SUPPORTERS**



International **Olympic Truce** Centre

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INTERNATIONAL OLYMPIC ACADEMY



INTERNATIONAL OLYMPIC ACADEMY



HELLENIC OLYMPIC WINNERS ASSOCIATION





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# THE INTERNATIONAL OLYMPIC TRUCE CENTRE

Olympic Truce is the longest peace accord in human history. The International Olympic Truce Centre is an international non-governmental organisation, which operates within the framework of the Olympic movement. Its mission is to promote the notion of the Olympic Truce and the Olympic Ideals, to serve peace and friendship and to cultivate international understanding by mobilizing the youth of the world in the prevention and resolution of tension through sport.







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# SPORTCAMP

- The largest & most comprehensive operator for Sports Tours & Camps in Greece, with highly educated and experienced staff.
- Cooperates with a wide network of sports federations, clubs, schools and organizations for the provision of customized programs including education, sports training and cultural elements related to the history of Greece, hosting many groups from Europe, US and Asia every year.
- A Reliable and professional Sports Camps & Events Organizer, with more than 40 years of experience.



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# IMAGINE PEACE JUNIORS CAMP

The Imagine Peace Juniors Camp is designed for children and teenagers 10 to 16 years old coming from all over the world and organised by the International Olympic Truce Centre in collaboration with SPORTCAMP. Through this unique opportunity participants have the chance to practice ancient sports, learn about the notion of the Olympic Truce and explore how its values can influence daily life and behaviour.

The participants will experience activities according to their age category: Juniors aged 10-12 and Teens aged 13-16.







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# THE PROGRAM CONSISTS OF FOUR MAIN PILLARS:

- 1 Ancient Greek Sports
- 2 Olympic Truce Ideals
- 3 Respecting Diversity
- 4 Friendship





# HIGHLIGHTS

## 1. PANKRATION

Pankration was a discipline introduced in the 648 BC Greek Olympic Games. The athletes used boxing and wrestling, as well as kicks, holds, joint-locks and chokes on the ground, technique with close similarities to modern mixed martial arts. In Greek mythology, it is said that Hercules and Theseus invented Pankration, by using wrestling and boxing in their combats.

At the Camp, the participants will become familiar to Pankration discipline by experienced and professional athletes and coaches, approved by the Hellenic Federation of Pankration. A demonstration will initially take place and then the participants will engage with the athletes, separate into pairs and try out certain techniques.







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# HIGHLIGHTS

## 2. EDUCATIONAL PROGRAM: OLYMPIC IDEALS, OLYMPIC TRUCE & RESPECTING DIVERSITY

An educational and interactive training program emphasizing on the Olympic Ideals, Olympic Truce, Peace and Respect of Diversity. Specialized educators and trainers of the International Olympic Truce Centre will introduce these values, primarily with theoretical lessons, where the participants get familiar with the terms, their meaning and importance.

Interactive workshops, games, social interaction and teamwork, will help the participants incorporate these values, embrace the Olympic spirit and implement it in their everyday lives.







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# HIGHLIGHTS

## 3. MEET THE CHAMPIONS

An once-in-a-lifetime opportunity to meet Olympic medalists and Olympians from major sport disciplines and get inspired by them as role models! The Olympians will first introduce themselves and discuss meaningful aspects of their lives. In a relevant seminar, they will speak about their experiences, show videos of their achievements and hold an open discussion with the participants.

Through activities, interactive techniques and role-playing games, children develop a better understanding of the power of sport and the importance of its inclusion in their everyday lives. Additionally, the opportunity of exchanging opinions through constructive dialogue with Olympians & champions, on issues such as violence in-and-out of the field or doping, which remain a plague of our era, awakens children and helps them raise questions about significant concerns of our times.



Olympic Medalist Mrs. Fotini Vavatsi



# HIGHLIGHTS

## 4. PRESENTATION AND SIMULATION OF THE ANCIENT GREEK OLYMPIC GAMES

A fun-filled and educational day, where the participants will experience a full simulation of the ancient Olympic Games and take part in all the stages, including competing in various sports, ceremonies and symbolisms. In the beginning, a seminar of the Ancient Greek Olympic Games and their history will be conducted.

The participants will then simulate the Games: conduct the opening ceremony, dress in special clothes, play musical instruments of that time and follow all the symbolisms and ceremonial process.

They will compete in ancient Greek Olympic Sports, such as: pentathlon, javelin, sphere, long jump and running. Finally, the athletes will be awarded with the traditional olive clove, in an award ceremony conducted according to the tradition and protocol of the ancient Olympic Games.







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# HIGHLIGHTS

## 5. ENTERTAINMENT

Fun and entertainment are the secret ingredients of the Camp! Every afternoon, the swimming pool of the premises awaits the participants to enjoy swimming and diving and get refreshed in an easy-going atmosphere!

In the evening, each day ends with a joyful and relaxed program that includes dancing, karaoke, team building games and quizzes, open-air cinema, as well as free time to get acquainted with each other, socialize, bond and make new friends from all over the world!

An excursion to a famous and beautiful local beach will be a fun surprise that combines the sea, the sun and the epitome of Greek summer feeling: the life on the beach!







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## SCOPE AND AIMS

The overall aim of the Imagine Peace Juniors Camp is to engage children and teenagers from various countries in interactive workshops and sport activities that promote the Olympic Truce Ideals (peace, dialogue and conflict resolution).

Through the use of non-formal educational techniques and the active participation of trainers, athletes and Olympians, acting as role models, who can communicate with campers effectively, the Camp aims to familiarise them with notions such as **tolerance**, **equality** and **non-discrimination**, while practicing sport and fun activities. Ultimately, campers acquire a more positive attitude towards the power of sport as a vital element in their everyday lives.





## BENEFITS FOR THE PARTICIPANTS

- Develop self-confidence and interpersonal and communication skills (dialogue, cooperation, friendship and understanding)
- Learn about notions such as equality, respect for diversity, peaceful coexistence, fair play and tolerance
- Practice ancient sports together with athletes and Olympians
- Enjoy fun activities and cultural visits
- Interact in a multicultural environment
- Elaborate leadership & dynamic attitude

The working languages are English & Greek.







## THE LOCATION

Ancient Olympia is among the most exquisite and important places in Greece and a Unesco world heritage site.

The archaeological site of Olympia, located in the western of Peloponnese, is the site of the first ancient Olympic Games!

The first Olympiad is thought to have taken place in 776 BC.







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INTERNATIONAL OLYMPIC ACADEMY



# INTERNATIONAL OLYMPIC ACADEMY

The International Olympic Academy is known world widely as the Leading Institution for Olympic Education since 1961. With over 60 years of Olympic expertise, working closely with the International Olympic Committee and the most prestigious academic and sports organisations, the IOA offers Olympic Experiences in the place where it all began: **Ancient Olympia.**

Situated a few hundred meters away from the archaeological site and the museum of Ancient Olympia, next to the ancient stadium where the Olympic Flame Lighting Ceremony takes place, the IOA premises, that were fully renovated in late 2021, spread over an open space of 400.000m<sup>2</sup> beautiful green and hilly countryside.







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## THE PARTICIPANTS IN THE PROGRAM WILL HAVE EXCLUSIVE, PRIVILEGED ACCESS TO THE IOA PREMISES, WHICH INCLUDE:

- A multi-level conference centre (1800m<sup>2</sup>)
- Accommodation in 115 newly renovated rooms
- Restaurant and cafeteria
- Sports facilities:
  - A soccer field
  - A track and field
  - Two basketball courts
  - One volleyball court
  - One beach volley/beach tennis/beach soccer court
  - A swimming pool
- Safe and secure environment in the heart of nature
- Recreational areas







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## HEALTH & SAFETY

### PERSONNEL

- Experienced staff of dedicated and certified educators & coaches , following a 40+ years experience in youth sports tours & camps
- Certified lifeguards
- 24hr nurse
- Doctor on call
- 24hr security on premises

### EQUIPMENT & RULES

- Equipped First aid room & Infirmary
- Pyrgos' General hospital at a close proximity,with easy access
- Meticulous cleanliness of the sanitary & dining areas
- Valid legal licenses and certifications
- Integrated Fire Safety system approved by Fire Department with annual inspection
- Portable fire extinguishing system
- Fencing throughout
- Night lighting of the area and security lighting of the buildings
- Bus on standby to evacuate the area if needed
- Backup electricity from generator
- Liability insurance for all our campers
- Daily waste collection from the Municipality







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## SAMPLE ITINERARY - ATHENS

### DAY 1 - DAY OF ARRIVAL

- Arrival at airport and transfer to the hotel
- Check in at hotel
- Visit and free time in "Plaka" (incl. dinner)
- Rest

### DAY 2 - CULTURAL TOUR

- Guided visit to Acropolis (walking distance)
- Visit to Ancient Agora
- Visit to IOA headquarters - welcome and presentation from IOA president
- Visit to the Olympic Stadium
- Visit - guided tour of the Athens Olympic Museum







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## SAMPLE ITINERARY - ANCIENT OLYMPIA

### DAY 3

- > Breakfast
- > Meeting at Panathinaikon Stadium (Kallimarmaro)
- > Guided tour of Panathinaikon Stadium (Kallimarmaro)
- > Departure for International Olympic Academy
- > Stop at Corinth-Isthmus canal
- > Arrival at IOA and check in
- > Lunch
- > Rest - free time
- > Welcome meeting and presentation of program
- > Games in ancient Greece (different games for juniors and teens)
- > Dinner
- > Team-building games (different games for juniors and teens)

### DAY 4

- > Breakfast
- > Educational program: Olympic ideals / Olympic Truce (juniors )
- > Educational program: Respecting Diversity (teens)
- > Guided tour of "Athens 2004" museum (juniors)
- > Meeting with Olympic medalists (teens)
- > Guided tour of "Athens 2004" museum "Athens 2004" ( teens)
- > Meeting with Olympic medalists (juniors)
- > Swimming pool
- > Lunch
- > Creation of vlog / blog
- > Rest - free time
- > Respecting diversity in action - blind soccer (teens)
- > Sports activities with Olympic medalists (juniors)
- > Dinner
- > Evening entertainment (separate activities for juniors & teens )

### DAY 5

- > Breakfast
- > Educational program: Respecting Diversity (juniors)
- > Educational program: Olympic ideals / Olympic truce (teens)
- > Swimming pool
- > Lunch
- > Vlog / blog / handcraft (juniors)
- > Rest - free time
- > Respecting diversity in action - blind soccer (juniors)
- > Sports activities with Olympic medalists (teens)
- > Dinner
- > Free time

### DAY 6

- > Breakfast
- > Pankration
- > All day excursion to the beach
- > Dinner
- > Evening entertainment

### DAY 7

- > Breakfast
- > Visit & guided tour to Ancient Olympia
- > Swimming pool
- > Lunch
- > Vlog / blog / handcraft (juniors)
- > Rest - free time
- > Sports activities
- > Presentation - lecture of ancient Greek sports & Olympic Games
- > Dinner
- > Evening entertainment (open-air cinema )

### DAY 8

- > Breakfast
- > Rehearsal of ancient Greek Olympic games
- > Swimming pool
- > Lunch
- > Vlog / blog / handcraft (teens)
- > Rest - free time
- > Simulation of ancient Greek Olympic games
- > Dinner
- > Closing ceremony - torch relay - award ceremony

### DAY 9

- > Breakfast
- > Departure for Athens
- > Arrival at Panathinaikon Stadium (Kallimarmaro)







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## PARTICIPATION PACKAGE CONSISTS OF:

- 2 nights in Athens and 6 nights in Olympia with full-board accommodation in double and triple rooms, at the premises of the International Olympic Academy
- Visit to Ancient Olympia
- Educational program on ideals and values of Olympism by qualified partners of IOTC
- Experiential and educational program on the ancient Greek sports (Pankration, Pentathlon, Simulation Of Ancient Olympic Games)
- Workshops & recreational games
- Meeting and training with Olympic medalists
- Excursion to local beaches
- Transfers (incl. airport pick-up)
- Welcome pack (diploma, memorabilia)

**APPLY UNTIL 28/2/2023**

**REGISTRATION DEADLINE 30/4/2023**







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## CONTACT

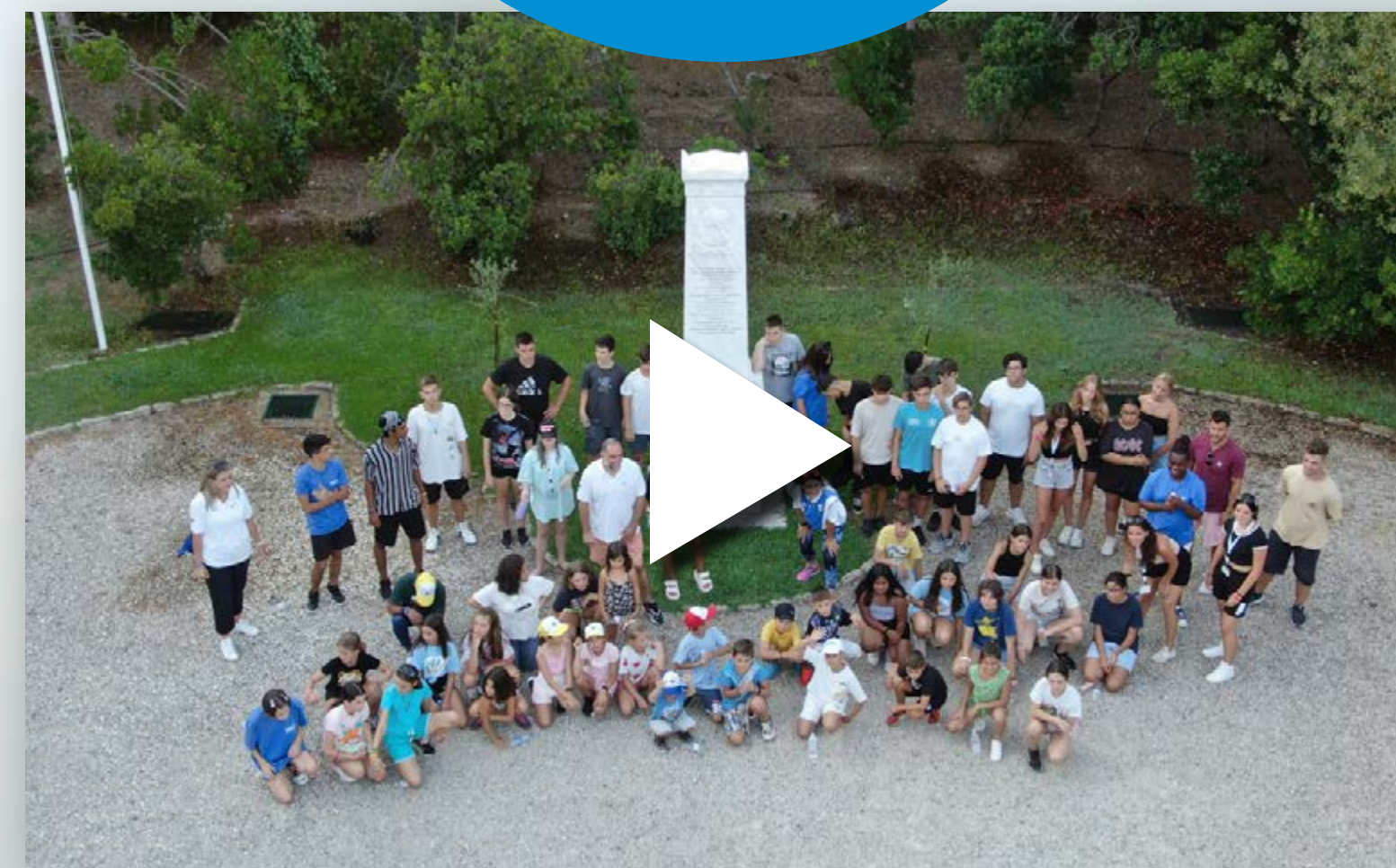
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WATCH THE  
"IMAGINE PEACE JUNIORS  
CAMP 2022"  
VIDEO







THANK YOU

