Culture and Education Programme
Playlist
The Youth Olympic Games (YOG) is an event that combines high-level sport, cultural activities and the learning of key skills, with the aim of making each athlete and young participant an ambassador of Olympism.

A multi-faceted initiative, the Culture and Education Programme (CEP) is a key component of the YOG concept and remains closely linked to sport and the needs of elite athletes. For all participants, the CEP offers an exciting and memorable experience based on five themes:

- **Olympism**: The goal of the CEP is to involve all the young participants and encourage them to become true champions – responsible people who adopt, embody and promote the Olympic values of excellence, friendship and respect.

View, share or download the 37 Culture and Education Programme clips from the Youth Olympic Games, Singapore 2010 and Innsbruck 2012.
OLYMPISM
The spirit of the Innsbruck 2012 Youth Olympic Games (short version)  
Experience or re-live the Innsbruck 2012 Youth Olympic Games!  
Find out about the Culture and Education Programme, the various activities and everything that makes up the YOG DNA!

Champions shared their experience in Innsbruck 2012  
If you could meet great champions, what would you say to them? At the first Winter Youth Olympic Games, Innsbruck 2012, the young athletes had the unique opportunity to sit down and chat with famous Olympians: the Athlete Role Models.

Theme: Maximise your YOG experience  
Meet the Athlete Role Models from the 2012 Innsbruck Youth Olympic Games, Stéphane Lambiel, Yo-na Kim and Alexander Popov.

The spirit of the Innsbruck 2012 Youth Olympic Games (long version)  
Experience or re-live the Innsbruck 2012 Youth Olympic Games!  
Find out about the Culture and Education Programme, the various activities and everything that makes up the YOG DNA!

Living the Olympic Values!  
Living the Olympic values is a daily experience. The YOG embody these Olympic values of excellence, friendship and respect from day to day. Find out more in pictures!

Meet the Roles Models: Lindsey Vonn  
Follow the exclusive meeting of Innsbruck 2012 athletes with skier Lindsey Vonn and the Q&A session.
The spirit of the Singapore 2010 Youth Olympic Games | TIMING: 3'23"
Experience or re-live the Youth Olympic Games in Singapore in 2010! Find out about the Culture and Education Programme, the various activities and everything that makes up the YOG DNA!

Memories of the Singapore 2010 Youth Olympic Games | TIMING: 2'51"
A look back on an incredible 12 days of sporting achievements, cultural experiences and valuable life lessons for the 3,600 athletes who competed at the first-ever Youth Olympic Games in Singapore in 2010, and the millions of spectators and TV viewers from throughout the world who followed them.

Advice from Champions | TIMING: 3'37"
If you could meet great champions, what would you say to them? At the first Summer Youth Olympic Games, Singapore 2010, the young athletes had the unique opportunity to sit down and chat with famous Olympians: the Athlete Role Models.

How to... embrace the Olympic Values! | TIMING: 3'40"
Living the Olympic values is a daily experience. The YOG embody these Olympic values of excellence, friendship and respect every day. Find out more in pictures!
Balance between sport and education

Finding the right balance between sport and education is a permanent challenge for a young athlete. Take a look at this video which offers some advice on reaching your objectives.

Manage 24h: tips from Innsbruck 2012

Managing the 24 hours in a day is a regular challenge, and the way in which you balance your time (studies, competition, training and social life) can have an impact on your sports results. Here are some tips to manage your time better, ensure conditions are met to achieve the desired results.

Athletes & Coaches: work, learn and grow together (long version)

Behind every great athlete there is a great coach. And behind every good athlete/coach relationship there are mutual respect, shared goals and the drive and determination to succeed. Get some top tips here!

Athletes & Coaches: work, learn and grow together (short version)

Behind every great athlete there is a great coach. And behind every good athlete/coach relationship there are mutual respect, shared goals and the drive and determination to succeed. Get some top tips to build this relationship here!

Theme: Coaching

Watch the "Meet the Coaches" film from the 2012 Innsbruck Youth Olympic Games in its entirety, featuring Jennifer Batten and Sergey Bubka and their coaches, Melody Davidson and Vitaly Petrov.

How to... be a success on and off the field

Are you wondering how to prepare for the future by finding the right balance between sport, education and social life? This clip can help you achieve your life goals.
**How to... go beyond competition!**  
**TIME: 3:53**  
Start to plan for your future, right now! Even if sport is your priority, it is also essential to find a balance between sport and education to improve your career prospects after retiring from competition. Advice from athletes, coaches and professionals are here!

**Theme: Getting on top**  
**TIME: 57:30**  
Watch the first “Chat with Champions” from the Singapore 2010 Youth Olympic Games in its entirety, featuring Yelena Isinbaeva and Sergey Bubka.

**Theme: Coming back**  
**TIME: 41:42**  
Watch the “Chat with Champions” from the Singapore 2010 Youth Olympic Games in its entirety, featuring Wilson Kipketer and Barbara Kendall.

**Theme: Reach your objectives**  
**TIME: 57:34**  
Watch highlights of the “Chat with Champions” as Sergey Bubka and Alexander Popov share their experiences at the Singapore 2010 Youth Olympic Games.
WELL-BEING AND HEALTHY LIFESTYLE
Theme: Tips for good sport preparation

Watch the “Chat with Champions” from the Singapore 2010 Youth Olympic Games in its entirety, featuring Frank Fredericks, Frédéric Magné and Rania Elwani.

Theme: Preparing yourself... on your mark, get set, GO!

Watch highlights of the “Chat with Champions” as Angela Ruggiero and Charmaine Crooks share their experiences at the Singapore 2010 Youth Olympic Games.
How the Young Ambassadors rocked Innsbruck 2012  
TIMING: 2'54

Find out about the Young Ambassadors programme and their mission to encourage athletes’ participation in the Culture and Education Programme. Former athletes – professionals or still students – play a key role in the success of the Culture and Education Programme.

Talking about my YOG Generation  
TIMING: 3'30

Find out here how to be a responsible citizen of the world and aware of issues inside sport, such as doping, as well as outside sport, such as HIV and AIDS prevention and environmental protection.

How to... be a Role Model?  
TIMING: 3'03

How can you be a role model when you are always in the spotlight? Explanations and valuable advice can be found in this video!

How to... be a Young Ambassador  
TIMING: 2'56

Former athletes – professionals or still students – play a key role in the success of the Culture and Education Programme. Find out about the Young Ambassadors programme and its mission to encourage athletes’ participation in the Culture and Education Programme.

Are we really different?  
TIMING: 3'20

The Singapore 2010 Youth Olympic Games brought 3,600 athletes from over 200 nations together for one single purpose: to compete in the inaugural YOG. Learn about how they met and shared things, the diversity of the Olympic Village and the giant party!

Sport and environment  
TIMING: 3'33

What are you doing to protect the environment? Environmental protection is a crucial issue that affects all, and sport has an important role to play in raising awareness and setting an example. As a young and dynamic people, you play an active role so have a look here.
Present yourself!

**TIMING: 2:58**

You are an ambassador for your sport, your country and your community. How you present yourself to the world on social media and in interviews is very important. In this film, hear from top Olympic athletes and experts about the dos and don’ts of being in the public eye.

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YOG Connection!

**TIMING: 3:20**

Athlete 2.0 — log on and discover what role social media play in your life as an athlete! How can you use these media in the right way? Leave a record of your experience on the web and follow the tips in this clip.

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Share the YOG!

**TIMING: 3:04**

Whether you tweet, blog, post or just chat, there are many ways of communicating and engaging with other people - you just have to find the right way of expressing yourself. Click here for some top tips.
**HOW TO ORDER THE FILE(S)**

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