



# Ideas to celebrate Olympic Day



INTERNATIONAL  
OLYMPIC  
COMMITTEE

## Ideas to promote your Youth Olympic Games NOC delegation during Olympic Day

### > Who?

All NOCs, either at national or regional level.

### > What?

The Singapore 2010 Youth Olympic Games (YOG) will be held from 14 to 26 August 2010.

Objectives:

- to increase awareness of the athletes going to represent their country in Singapore this summer;
- to involve local youth communities in the preparations for Olympic Day based on the YOG.

### > Where?

Youth representative centre such as universities, schools, sports clubs or any other local relevant centre.

### > How?

Two months before Olympic Day, launch a contest such as a photography, video, poster, art contest (online photo contest, banner creation, etc.) and announce the winner of the contest on Olympic Day. The creations can be displayed to show how everyone is involved.

If a future YOG athlete can attend the Olympic Day festivities, he/she could announce/award prizes to the winner. Complete this with a run or other sports activity with all participants. It could be a YOG sports day with try-outs of different sports. This could be hosted by the coaches and athletes going to the YOG 2010.

The IOC has produced YOG videos which can also be used on this occasion.

### > With whom?

Future YOG athletes, local young people from various youth communities; sponsors can also be associated. The media could be interested in discovering potential YOG athletes.



## Ideas to “Move and Learn”

Who?	Comité Olímpico Arubano
What?	The Comité Olímpico Arubano organised the Olympic Day Run and set up two events: – “Olympic Day Run and Walk”, aimed at encouraging people to remain active; – “Olympic Indoor Track and Field Event”, which aimed to attract the youngest participants.
Where?	The NOC chose one place in Palm Beach, Noord.
How?	The Aruban Olympians Association and the Paseo Herencia Shopping Centre also took advantage of this opportunity to inaugurate the Olympic Wall on which are inscribed the names of all the Olympians, the year of their participation and their sport. This represents 32 athletes from the Helsinki Games in 1952 up to Beijing 2008.
With whom?	The national athletics federation actively contributed to the success of this event.
Conclusion	With a total of 250 participants this year, the Comité Olímpico Arubano is seeking to improve the level of participation thanks to new activities for future editions.

Who?	Komite Olahraga Nasional Indonesia
What?	The Komite Olahraga Nasional Indonesia decided to organise two events on 14 and 28 June to celebrate Olympic Day.
Where?	Negeri University in Jakarta and the Gelora Bung Karno National Stadium were selected to host the two events.
How?	In addition to the Run, participants were invited to plant trees. They also had the opportunity to take part in quizzes on the Olympic values and Games.
With whom?	Olympians broadly contributed to the activities of these two days, particularly through the “talk show” organised with the participants, during which they were able to share their experiences as Olympians.
Conclusion	In all, 3,030 participants, including 2,000 youngsters, came together for this celebration.

Who?	Comité Olympique Monégasque
What?	The Comité Olympique Monégasque took advantage of the organisation of physical activity to raise awareness among young people of the Olympic values.
Where?	Two different sites in Monaco were used in the framework of Olympic Day: the “Parc Naturel” and the Louis II Stadium.
How?	A school challenge reserved for pupils aged 12-13 was organised on the theme: “Sport – Health – Environment”. For this, the pupils had to take part in an orienteering race on Olympic symbolism and the educational values of sport (fair play, friendship, solidarity, respect, citizenship). Athletics events whose aim was to achieve performances individually but for the benefit of the team raised awareness of team spirit among the pupils.
With whom?	The NOC was given logistical assistance by the Monegasque Athletics Federation and received support from the National Education, Youth and Sport Administration.
Conclusion	The specific nature of Olympic Day in Monaco was to bring together 1,389 children around the Olympic symbol and Olympic ethics.



## Ideas to “Move and Learn” (continued)

Who?	Namibia National Olympic Committee
What?	The Namibia National Olympic Committee decided to keep the traditional Olympic Day Run and to add cultural activities while trying to increase the number of participants.
Where?	Four cities were selected to host Olympic Day: Keetmanshoop, Tsumeb, Omaruru and Okahandja.
How?	To promote physical activity among the participants, the Olympic Day Run, and basketball and football tournaments were organised. Cultural activities, such as the planting of trees, have the objective of bringing together different cultures. It was also an opportunity for the organisers to share the Olympic values, through friendship, respect and excellence. The participants were also invited to an information session on HIV.
With whom?	The government and particularly the Ministry of Agriculture, Water and Forestry were able to assist the NOC in its activities. Nawa Life Namibia, an NGO specialised in HIV-prevention, lent assistance during the information sessions on the subject.
Conclusion	Some 1,064 participants all ages came together and shared during Olympic Day in Namibia.

Who?	Fiji Association of Sports and National Olympic Committee
What?	The Fiji Association of Sports and National Olympic Committee organised an Olympic Day Run under the theme of Olympism, sport at the service of the harmonious development of man, with the aim of promoting a peaceful society, concerned by the preservation of human dignity. In addition, educational activities around Olympism were organised in schools.
Where?	Olympic Day was organised in Suva and Nadi.
How?	In addition to the Olympic Day Run, 20 schools were selected to take part in an artistic competition with the theme “Olympism, Art on the Go” in three categories: sketching, coloured pencils and posters.
With whom?	The collaboration of schools was a great asset especially for setting up the artistic competition.
Conclusion	Some 1,677 participants were able to learn more about Olympism on Olympic Day in Fiji.

Who?	Yemen Olympic Committee
What?	The Yemen Olympic Committee organised sports competitions for young people in particular.
Where?	Olympic Day was held in Sana'a.
How?	The youngsters were able to compete in volleyball, beach volleyball, football, taekwondo and judo competitions. Sessions with the theme of the Olympic Movement were organised for students, the aim being to inform them about the Olympic values and the Olympic Movement in general.
With whom?	An NOC employee presented the Olympic Movement during the educational session.
Conclusion	Almost 1,000 youngsters aged from 0 to 24 took part in this Olympic Day.



## Ideas to “Learn and Discover”

Who?	Barbados Olympic Association
What?	For Olympic Day, the Barbados Olympic Association decided to encourage young and old alike to practise a sport through several activities: <ul style="list-style-type: none"> <li>– A “Come and Try” workshop where national federations presented their sports and invited the public to participate;</li> <li>– The NOC’s Olympic Museum also offered visits to allow the public to learn a little more about Olympism.</li> </ul>
Where?	At the Olympic Centre, St Michael.
How?	In its “Come and Try” workshop, the NOC offered a range of events in almost 20 different sports while keeping the traditional Olympic Day Run. The idea was to introduce new sports while giving the opportunity to re-discover more traditional ones.
With whom?	The national federations played an important role in setting up the “Come and Try” workshop. The public were thus able to discover the sports offered with instruction and full safety. The Olympic Museum was also an essential partner for the “learn” workshop.
Conclusion	The “Come and Try” workshop was a real success, but the Run was still the most popular activity. Some 640 people took part in this Olympic Day.

Who?	Latvian Olympic Committee
What?	The aim of Olympic Day was to give youngsters the opportunity to try out various sports such as basketball, football, floorball, beach volleyball, badminton, inline skating, judo, Alpine skiing and golf. It was also an opportunity to present and give information on these different sports.
Where?	Olympic Day was held in Riga.
How?	The idea for the national federations was to show, in a fun way, their sports to young people and to encourage them to adopt a healthier way of life. Educational activities (e.g. Olympic rings puzzle, game with the pictograms of various sports) related to the Olympic Movement were also on offer.
With whom?	In addition to the national federations which lent their assistance and advice, physiotherapists advised the youngsters on practising sport and on the best age to begin to train.
Conclusion	Some 200 young participants and their parents were thus able to celebrate Olympic Day.



## Ideas to “Learn”

Who?	Samoa Association of Sports and National Olympic Committee
What?	In addition to the Olympic Day Run, some Olympians visited schools to share their experiences as Olympians.
Where?	Olympic Day was celebrated in Apia.
How?	Beyond the traditional Olympic Day Run aimed at encouraging the participants to practise physical activity, the NOC had the idea of inviting several Olympians to visit schools to meet the pupils. Sessions on the history of the Olympic Games also allowed the pupils to learn more about Olympism.
With whom?	In addition to national federations, Team Samoa, who took part in the 2009 Pacific Mini Games in the Cook Islands, also participated in the Run with other runners.
Conclusion	A total of 600 participants were able to celebrate Olympic Day in Samoa.

## Ideas to “Move, Learn and Discover”

Who?	Comité National Olympique et Sportif Djiboutien
What?	The Comité National Olympique et Sportif Djiboutien organised a walk and an information seminar on the Olympic values on 23 June.
Where?	In Ali-Abieh and Djibouti.
How?	The participants were invited to a walk through the city of Ali-Abieh and everyone collected their diplomas at the finish line. Bronze medallist Ahmed Salah Houssein (Seoul Olympic Games) and Olympian Fathia Ali Bourrale (Beijing Olympic Games) took the opportunity of the information seminar to share their experiences with the participants. The NOC Secretary General also took advantage of the occasion to reveal the “benefits of sport, particularly among young people” and exchanged with the participants through a Q&A game. The participants were then invited to participate in sports tournaments and to try out table tennis, judo, handball and basketball.
With whom?	The presence of Olympians Ahmed Salah Houssein and Fathia Bourrale was a real asset for this Olympic Day to benefit the young people by stating their experiences as high-level athletes.
Conclusion	A total of 600 participants were able to celebrate Olympic Day in Samoa.

