



## The role of the Olympic Movement in refugee crisis. An exercise program for refugees

**Ancient Olympia 2017**  
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Rio 2016

The big picture, key point 1.

**Declaration of the 50th anniversary of the signature of the Treaty of Rome.**

- **The European Union is founded on equal rights and supportive cooperation.**
- **We are enriched by open borders and a lively variety of languages, cultures and regions.**

## The European youth Campaign All different all equal

- Modern societies today are suffering from a growth of racist hostility and intolerance towards minorities.
- The Campaign was
- **Against racism, xenophobia, anti-semitism and intolerance**

key point 2

## A message of hope by IOC:

The refugee team at Rio 2016 Olympic Games

- 10 refugee athletes competed at Rio under the Olympic flag, giving hope to people displaced by war and social unrest all over the world.
- Runners swimmers judokas
- **South Sudan, Syria, Congo, Ethiopia**
- <https://www.rio2016.com/en/news/10-athletes-announced-for-refugee-team-at-rio-2016-olympic-games>

## IOC president Thomas Bach and the refugee crisis

*"their inclusion would bring global attention to the refugee crisis"*

**"It is a signal to the international community that refugees are our fellow human beings and are an enrichment to society".**

**"These refugee athletes will show the world that, anyone can contribute to society through their talent, skills and strength of the human spirit."**

The IOC provided a full support to their logistical, technical and coaching needs



**Great story:****Yusra Mardini: Olympic Syrian refugee**

- She and her sister saved the lives of 20 people, including their own, after jumping into the Aegean Sea and pushing their boat to land.
- Mardini, who now lives in Berlin, competed in 100-metre butterfly and freestyle.
- **"We are equal now,"** said marathon runner Yonas Kinde, who is originally from Ethiopia. **"We compete like human beings, like the others."**

<http://www.independent.co.uk/news/people/yusra-mardini-rp-2016-olympics-women-swimming-the-syrian-refugee-competing-in-the-olympics-who-a7173446.html>

**Pope Francis' message for the Olympics:**

[http://en.radiovaticana.va/news/2016/08/03/pope\\_francis\\_message\\_for\\_rio\\_olympics\\_fight\\_the\\_good\\_fight/1249040](http://en.radiovaticana.va/news/2016/08/03/pope_francis_message_for_rio_olympics_fight_the_good_fight/1249040)

**In a world thirsting for peace and tolerance, I hope that the spirit of the Olympic Games inspires all – participants and spectators ..... the same human family, regardless of the differences of culture, skin color, or religion.**

**Key point 3. equality in the society through sports**

**The goal IOC is for 50% of Olympic participants to be women by 2020.**

Men are more active than women in 137 of the 146 countries WHO global estimates show that the **prevalence of physical inactivity is 35% higher in women than men.**

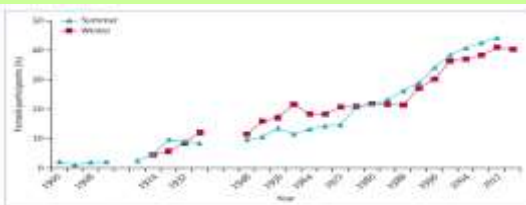


Figure: Women's participation in the Summer (1904-2012) and Winter (1934-2014) Olympic Games. Data are from International Olympic Committee.

**The UN Inter-Agency Task Force on Sport for Development and Peace**

**mass participation in sport is a powerful strategy, not only for health promotion and disease prevention, but also for education, peace building, and economic development.**

**IOC president Thomas Bach: Closing ceremony**

- **These Games were a celebration of diversity.**
- **"You are a symbol of hope to the millions of refugees in the world.**
- **We will continue to stay at your side after these Olympic Games."**
- *How can we achieve this?*

**The big picture, key point 4.****Olympic values**

<https://www.olympic.org/the-olympic-values>

- The goal of the Olympic Movement,
- a peaceful and better world by educating youth through sport **without discrimination, a spirit of friendship, solidarity, fair play and equality.**



### international fair play committee

<http://www.fairplayinternational.org> How can we promote fair play, Fair competition, Equality, moral principles, Solidarity, Acceptance of others



### How to promote friendship, respect?



### Team spirit, care about each other, joy



We can achieve the Olympic values, through competitive sports, however, we can achieve it more easily with cooperative, creative, and team building games. Let's see some ideas .

TEAM BUILDING GAMES  
The most appropriate forms of games for intercultural education through sports!!!

<http://kittigroups.com/team-building-games/>



### TEAM BUILDING GAMES

<http://kittigroups.com/team-building-games/>



### The most important, ask questions

- How do you feel?
- Did you enjoy?
- Why it was important?
- What did you learn?
- The most funny from this cooperation was...
- The most difficult from this cooperation was...
- My strongest emotions were....

## TEAM BUILDING, AND COOPERATIVE GAMES

try to discover or modify your games



How to promote the idea of cooperation through well known games like basketball, soccer etc.

- To play the game, or to learn the importance of cooperation?
- To give the opportunity for all the players to play or only the goods ones;
- Step 1. ask them to make a goal / or without any help
- Step 2. ask them to cooperate with 1 other teammate
- Step 3. ask them to cooperate with 2 other teammates
- Step 4. ask them to cooperate with 4 other teammates
- Step 5 ask them to disuse the importance of the cooperation
- Step 6 repeat the same by creating mixed groups, boys and girls, low and high abilities etc.

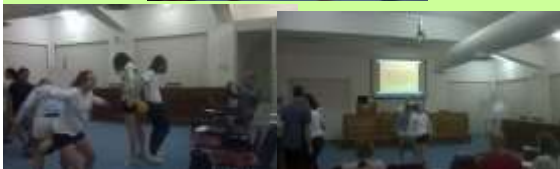
## Practical implication game modification

- Try to play basket ball or volleyball, or soccer, or, hand ball, but:
- Create a mixed teams of boys and girls, men and women, abilities, races, etc.
- But think, how to change the rules of the game,
- in order give them the opportunity to know each other
- In order to enjoy the game
- In order to actively participate regardless of ability, sex, race etc.

An excellent, dedicated & cooperative international group



Creative games, How to move a ball in a novel way



Photos of an excellent, dedicated & cooperative international group





Key point 5.

### The Kallipateira project. From sport to everyday life "All equal- all different"

- The focus was on the promotion of the equality in the society through sports and physical activities.
- On gender equality, and how to live and work together in a spirit of cooperation, against racism, xenophobia and intolerance.
- Only for 2 years
- A number of educational materials were developed, which consisted of a teachers book and 3 students' activities books (according to age) for elementary and secondary schools, and on the relative seminars.

### Aims of the kallipateira project

The respect of human rights, the acceptance of others and cultural communication, the cooperation, team building, regardless of sex, race, religion, minority groups, culture, etc.

- The promotion of intercultural education.

• The great message

*"In sport and life, all people are different and all people are equal"*



**Exercise program for refugees in collaboration with United Nations agency High Commissioner for Refugees**



Not funding, not other governmental bodies  
Not for 8 months  
Not in refugee site, community campus

I do believe that the program is in accordance to Olympic values



## The aim of this program

- To teach university students to work with young refugees in sports and exercise programs.
- To help refugees in their **inclusion** to the Greek society
- The promotion of intercultural education.
- The dialogue among cultures
- To send a message to the Hellenic society that, in sport and life, all people are different and all people are equal.

• and to inspire the ideas of equality, the interaction, the respect of human rights, the acceptance of others and cultural communication, cooperation, and team building, regardless of sex, race, religion, minority groups, culture, etc.

## First day

My name is Maria  
This is a ball...  
I am from GREECE  
I am 19 years old

My name is Adim.  
This is a ball...  
I am from Kurdish Syria...  
I am 6 years old



## First day, Practical application

- Mixed groups male and female, with our students refugee students
- Sport activities and games which will enable them to discover, on knowing each other, by asking questions.
- Pass the ball, and invite
- him/her to tell a story...
- I was born in...
- My religion is...



## Practical application

- I am 10 year old...
- My favorite food is...
- My favorite music is...

Say 1 new word you learn today in Greek/  
Germany/  
Italian..

When play to use words both from their country and the new country in which they live  
How many new words we learned?



## Not only sports, mainly cooperative games



## The love of dance



OUR PROGRAM: UNIVERSITY OF THESSALY



The mother the child and the student from an other country



OUR PROGRAM: UNIVERSITY OF THESSALY



Our aims, to promote

## Dialogue between cultures

### Dialogue between different groups

### We live in multicultural societies

- Accepting that everyone is on the same level, accepting equality of rights, values, abilities
- These activities will help the creation of a good group atmosphere and reinforce communication skills and group dynamics.

## Cultural coexistence and cultural diversity

Athletes from different sporting and cultural background, acceptance of diversity

Olympism's general philosophy is based on the principles of peace, fair play and on creating a peaceful society with less violence and competition.

## Together we can change the world"

IOC official Olympic campaign: <https://www.olympic.org/news/together-we-can-change-the-world>



## Topics for discussion

Many

- Last years in Greece and Europe we have big groups of refugees.
- Can Olympic games help in refugee crisis?
- How to promote, to apply, or incorporate, these values, through sport, physical education, or exercise environment?
- Clubs for refugees groups, or mixed groups?
- Is that helpful for **their inclusion in the society**?
- Any idea for sport national and governmental bodies for the promotion of more sport participation for refugees

## A call for collaboration

The Olympic movement, national and governmental bodies, Policymakers, stakeholders, and ministries of education should adopt policies in order to encourage physical activities among refugee groups.

- The International Olympic Academy may play a leading role in promoting an innovative program for refugees.
- **Do we believe that "together we can change the world" ?**
- Can we develop a broad network of countries to find new roads on refugee crisis?

Dear friend I have no answer but I would like to hear your ideas for initiatives, I need your feedback in many countries we have refugee groups, The refugee crisis is a global problem,



**MORE PICTURES FROM OUR PROGRAM: UNIVERSITY OF THESSALY**  
[http://ia.ps.uth.gr/psych/index.php?option=com\\_content&view=article&id=263&Itemid=308&lang=el](http://ia.ps.uth.gr/psych/index.php?option=com_content&view=article&id=263&Itemid=308&lang=el)

VIDEO  
rhb/ell

**VIDEO**  
<http://www.ge.uth.gr/cms/index.php/ai/2015-05-19-11-06-12/875-refugees>

**Final point. think the face of this mother, the face of her child in 5 five years. what can we do about their future?**

