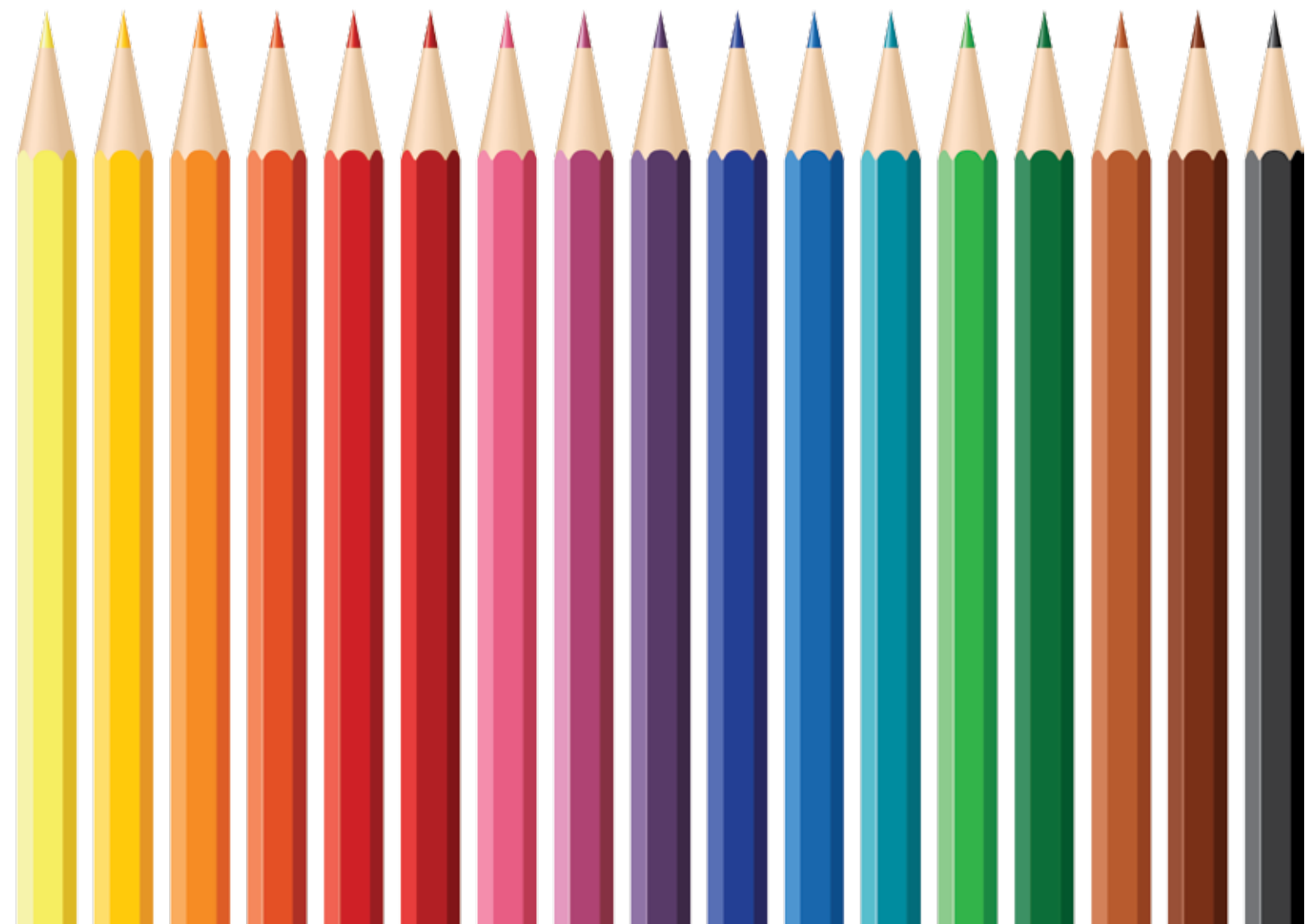


# COLOURS FOR PEACE

A fun way to learn  
about Olympic Truce



**Sport inspired by peace.  
Peace inspired by sport.**

# COLOURS FOR PEACE

A fun way to learn  
about Olympic Truce

IMAGINE  
PEACE  
THE  
EDUCATIONAL  
PROGRAM



International **Olympic Truce** Centre  
Olympia Lausanne Athens



## International Olympic Truce Centre

Olympia Lausanne Athens

**Dear Parents and Teachers,**

Imagine peace...

This might have been what King Ifitos of Elis was thinking as he consulted the oracle at Delphi, seeking to halt the endless wars between rival Greek city states.

As myth has it, Ifitos was advised to break the circle of endless conflict by replacing war with friendly athletic competition every 4 years. He sought the cooperation of King Lykourgos of Sparta and King Cleosthenes of Pisa.

They agreed to a truce called "Ekecheiria" and revived the Olympic Games at Olympia in 776 BC\*.

Fighting ceased for seven days before and seven days after the Games, allowing athletes, artists and spectators to travel to Olympia, participate in the Olympic Games and return to their homelands in peace.

It was through these early Games that the ancient tradition of Olympic Truce was born. A truly remarkable and effective truce, especially if we consider the fact that it has been respected for approximately 1.200 years.

The hope and dream of the Olympic Truce is to create a much needed window of opportunity for the peaceful resolution of conflict through dialogue, understanding, solidarity and the acceptance of differences.

Sport cannot impose peace. But it might inspire it.

This book encourages children to embark on a fun exploration that will help them understand the timeless significance of this ancient peace accord. Our hope is that they will understand our collective obligation to create a world where everyone - regardless of gender, colour, race, religion or nationality - has equal opportunities and a chance to share the same dream: the dream of peace.

Education is a central activity of the International Olympic Truce Centre. It is an important tool in furthering the ideals we represent. The children of the world should learn the incredible story of the Olympic Truce, to understand the opportunities open to them. They need to know what has already been achieved. And perhaps they will be encouraged to apply these lessons in cultivating a culture of peace in their own day-to-day lives.

This book has been designed by experts for elementary school students. Our hope is that children will enjoy this book and absorb the timeless messages of the Olympic Truce, thus building a better understanding of their own role and significance in the emerging world. Our hope is that this knowledge and understanding will accompany them as they assume their adult roles.

I would like to thank everyone who has contributed to this book, as well as my young daughter Elena, whose critical insights and observations helped to improve it.

Yours sincerely,

**Dr. Constantine Filis,  
Director**

**International Olympic Truce Centre**

\* The exact year is unclear, but 776 BC has been adopted as the symbolic date marking the revival of the Olympic Games.

**Hello everyone!**

I am the dove of peace. You will find me on the logo of the International Olympic Truce Centre. That's me with the olive branch in my mouth. I am part of this logo because peace is what the Olympic Truce is all about.

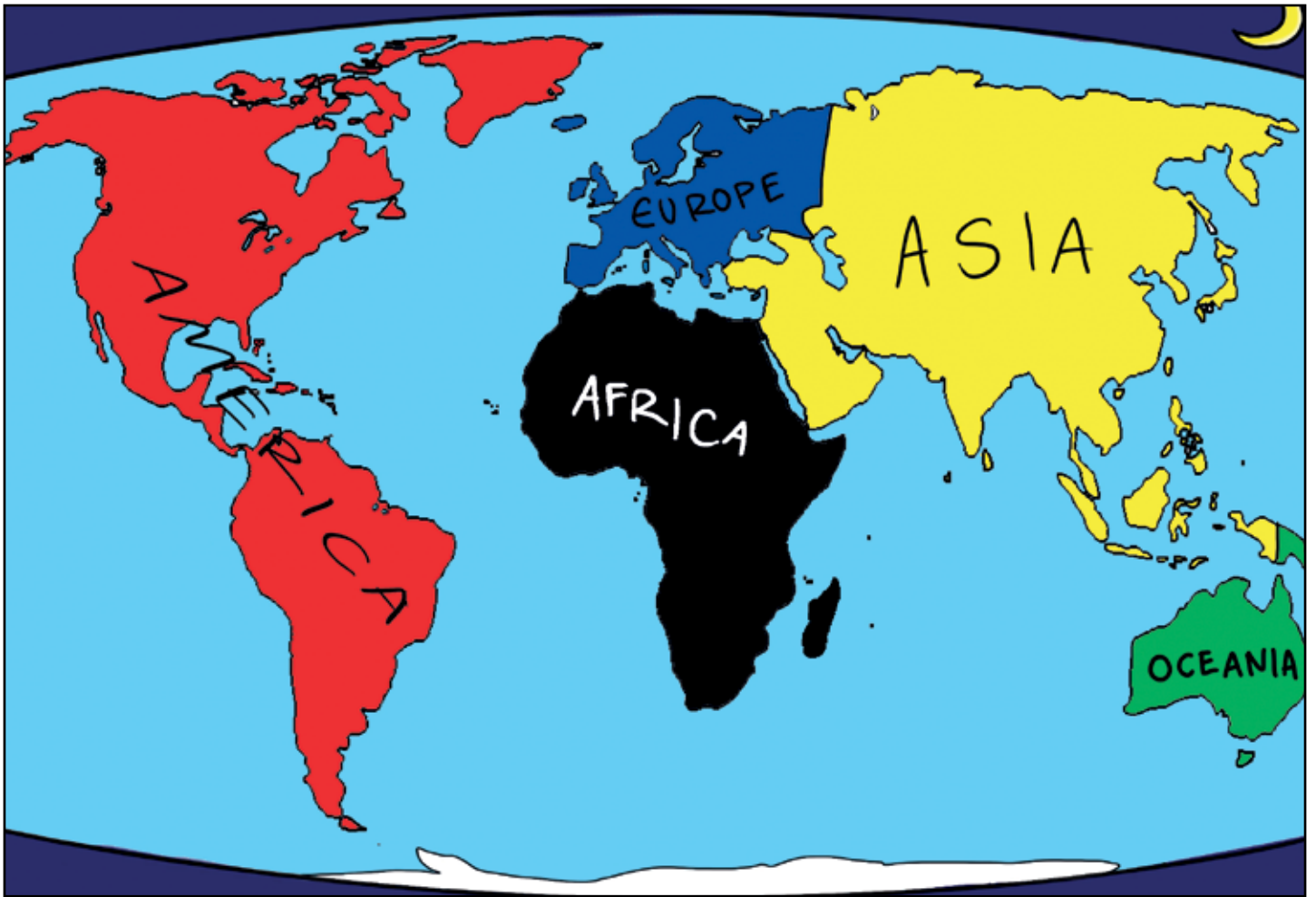
The Olympic Truce started with the Olympic Games in 776 B.C.

The International Olympic Truce Centre was created in 2000 to bring this ancient idea back to life. The Olympic Truce means that enemies stop fighting with each other to compete, instead, in friendly athletic games.

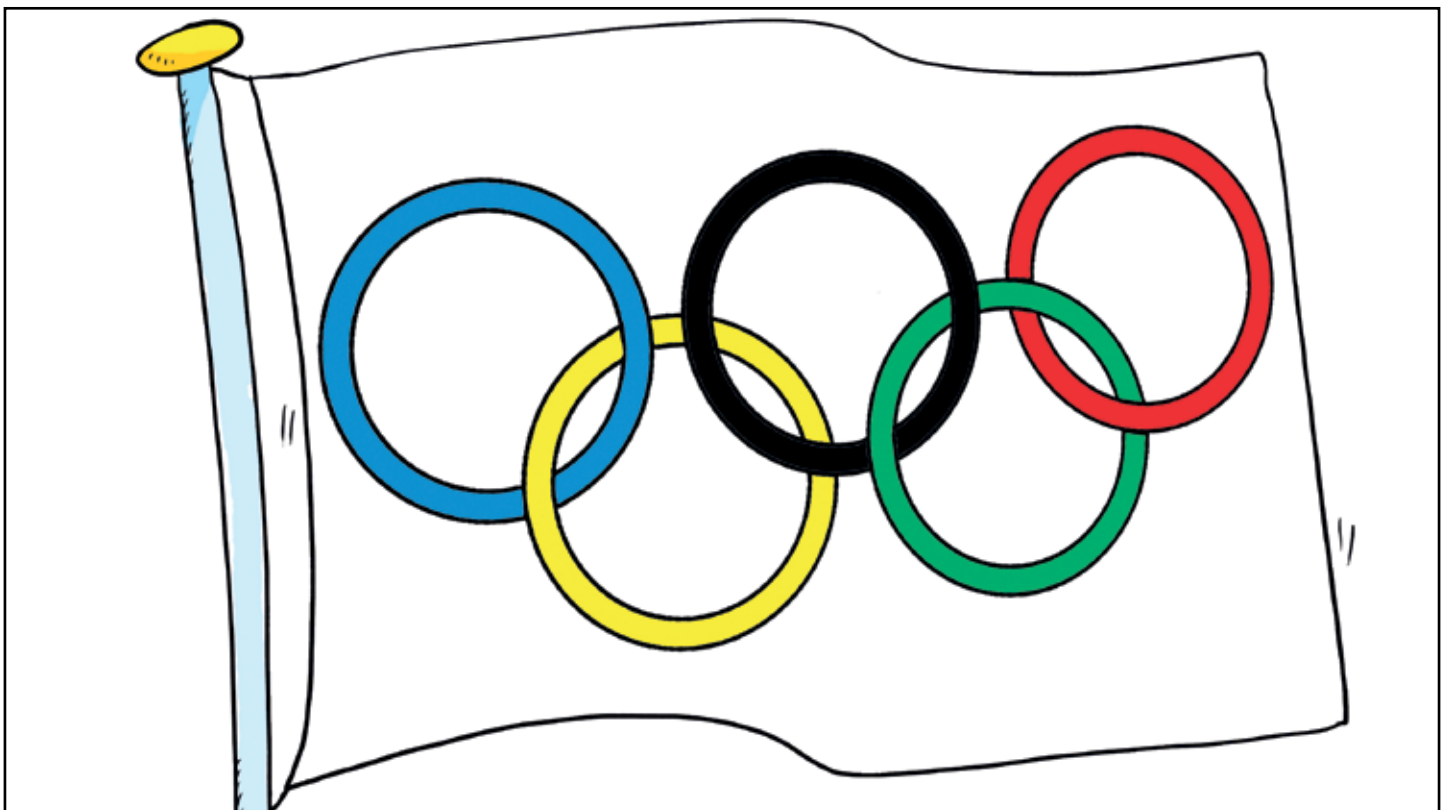
It is a time of dialogue and understanding between people, and a time when lasting peace becomes a possibility.

**It is time to imagine peace...**  
**Let us explore the Olympic Truce together.**

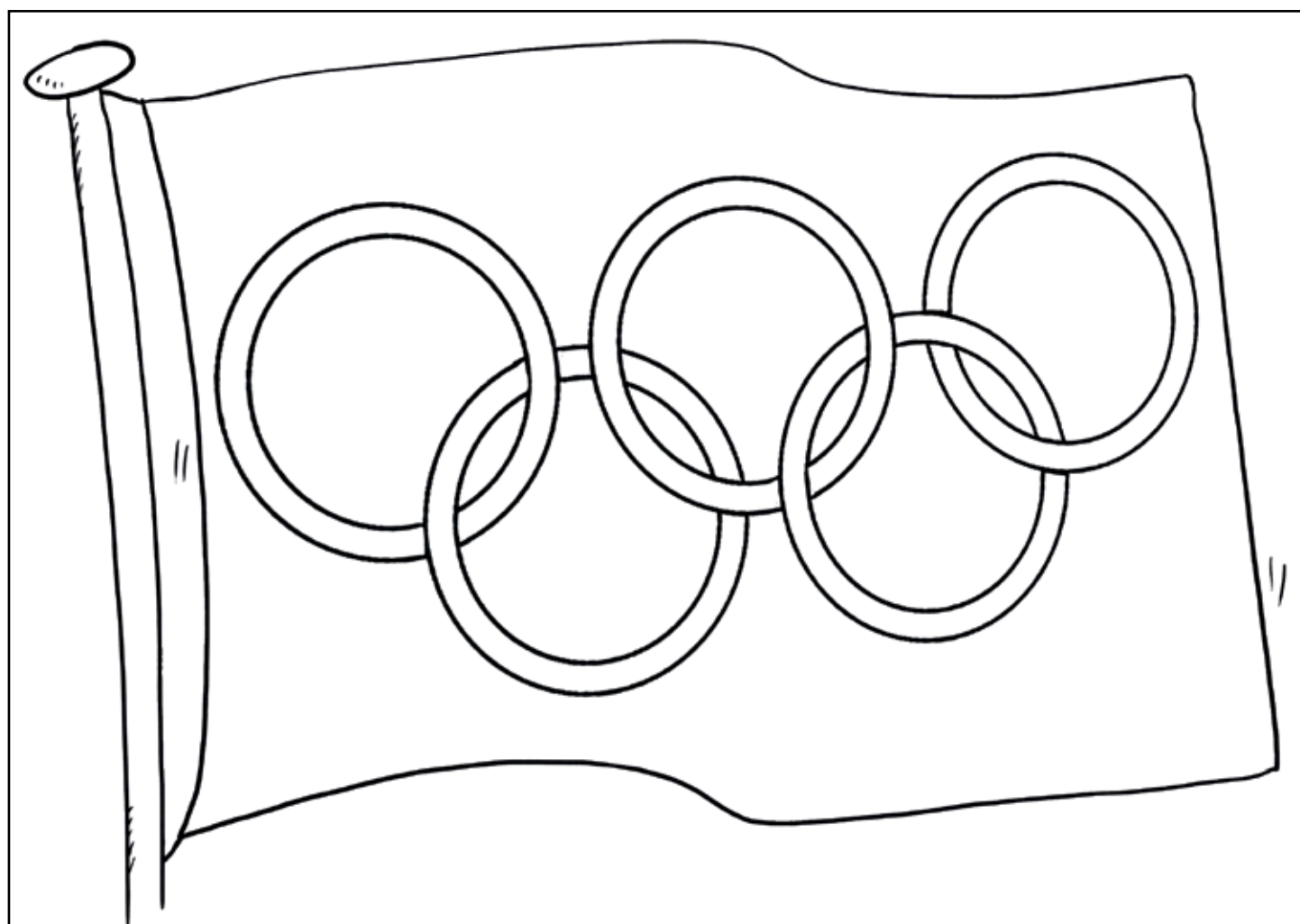
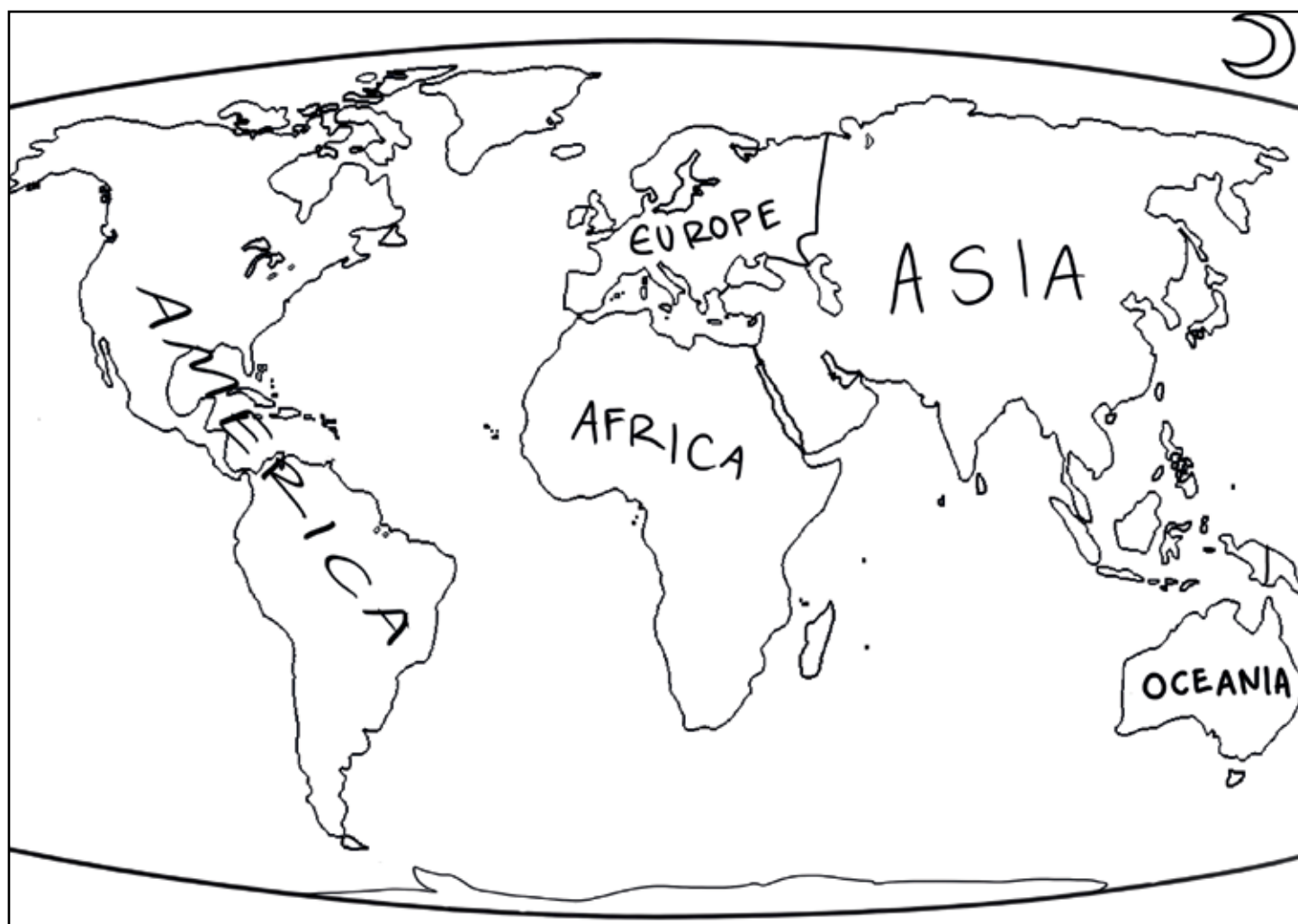




Look! This is the world we share. There are five continents - Europe, Asia, Africa, Oceania and America.

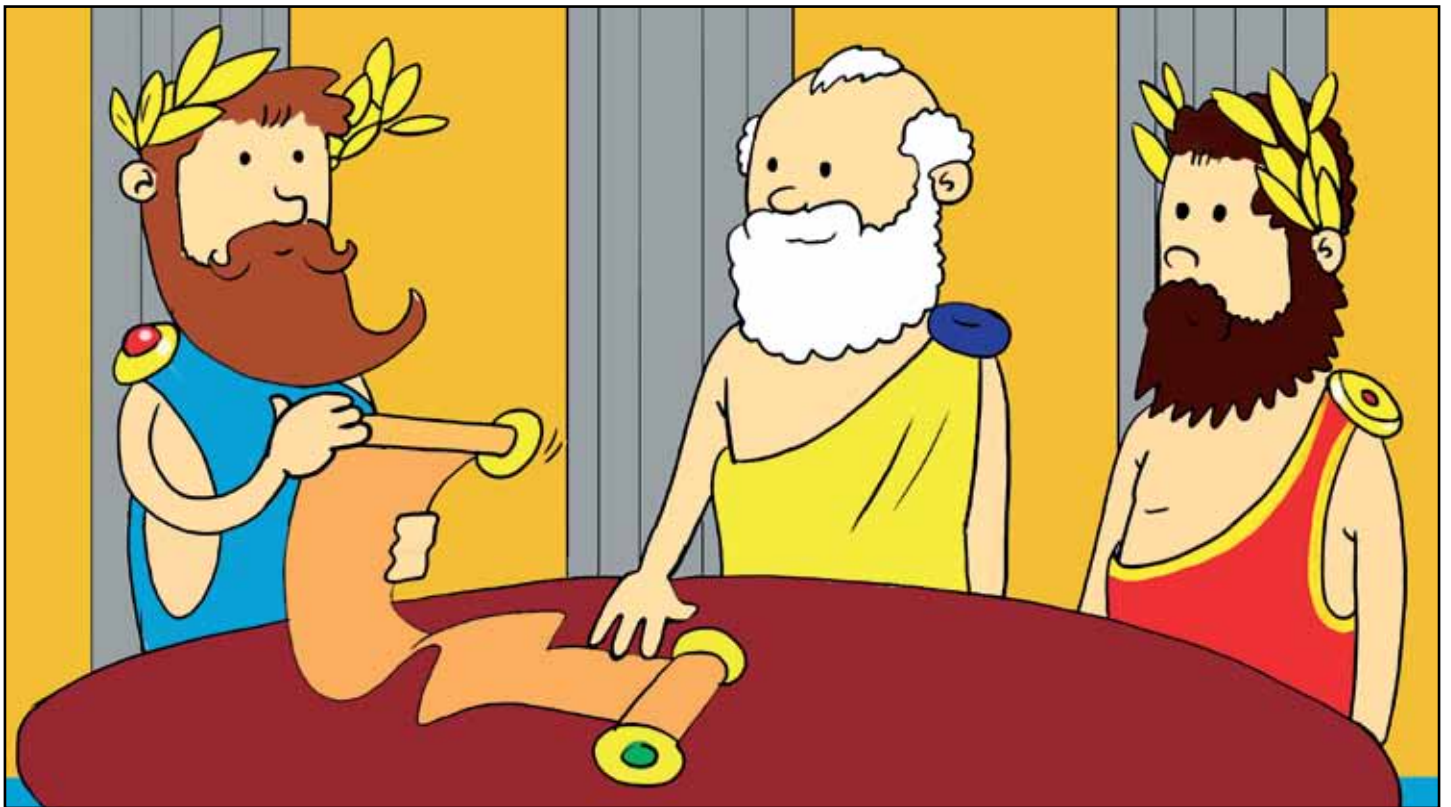


This is the Olympic Flag. Do you see the five circles? Each one represents one of the five continents. They are joined together to symbolize peace and friendship among all people in the world.

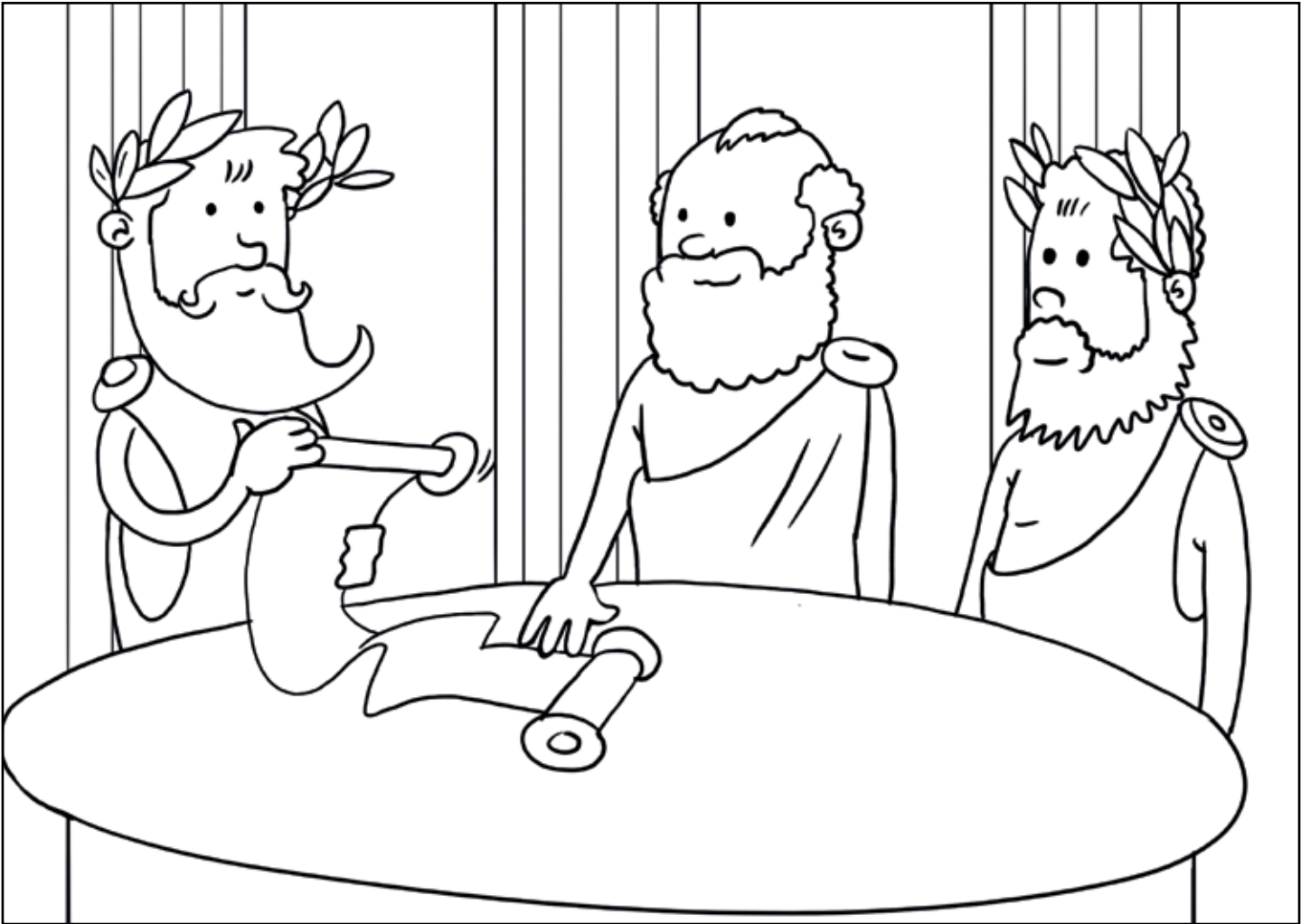
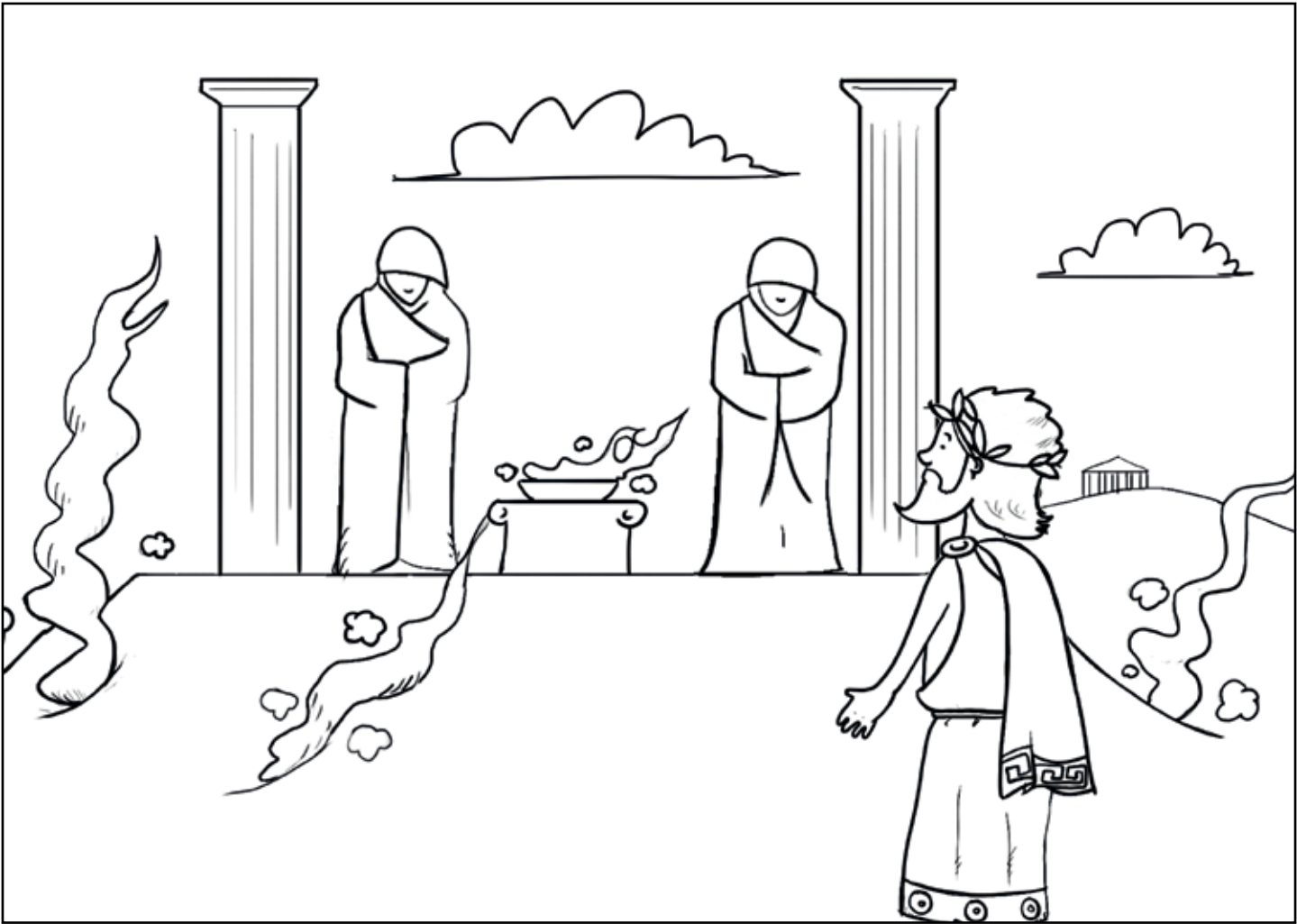




In ancient times, Greek city-states were always at war. According to mythology, King Ifitos from the city of Elis visited the oracle at Delphi to ask for help to stop the fighting in his city.

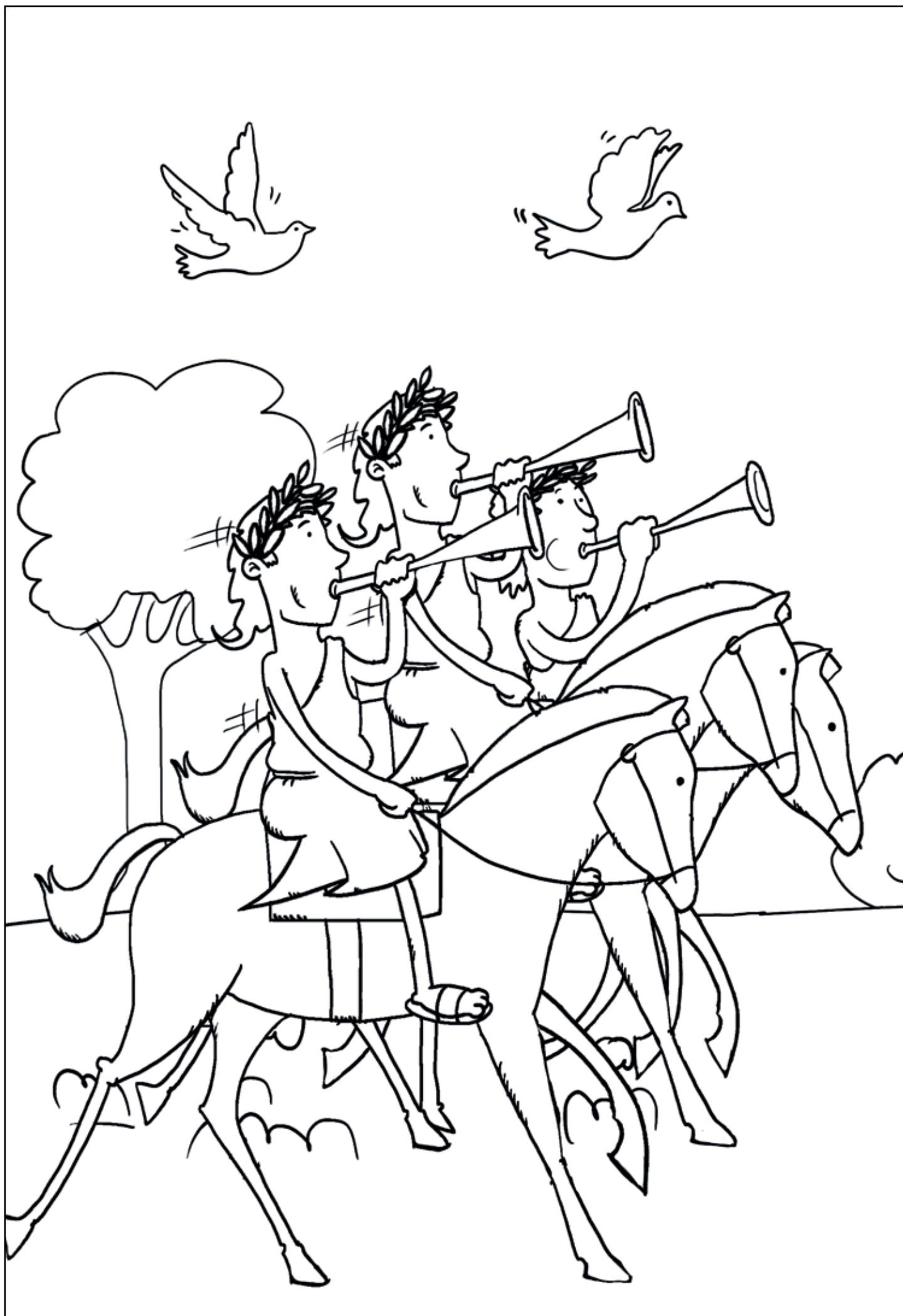


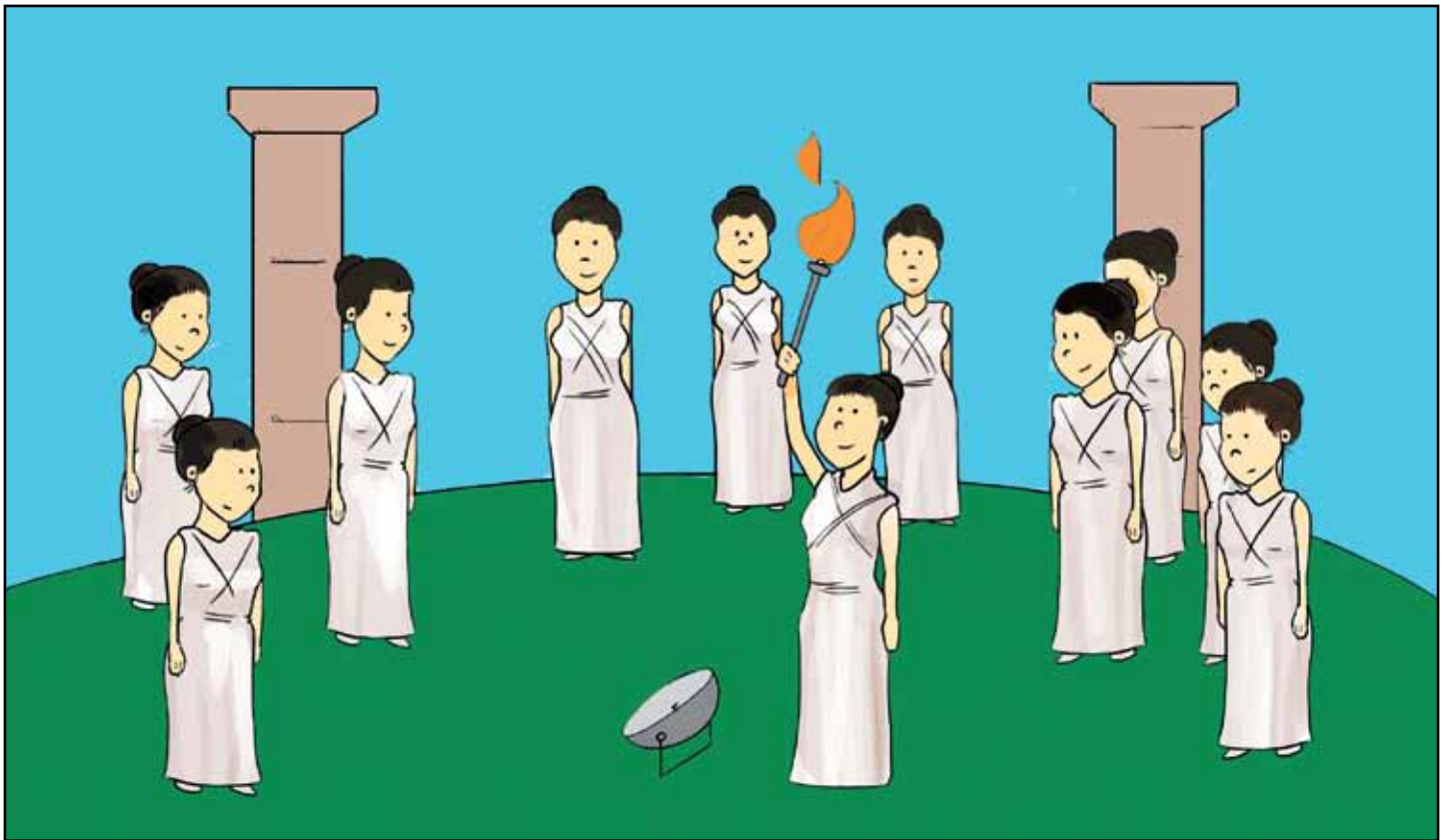
There, he was told to organize, once again, the Olympic Games, so as to stop the fighting every four years. King Ifitos made an agreement with King Lykourgos of Sparta and King Cleosthenes of Pisa. This is how they started the Olympic Truce and brought peace to the people of Greece, at least for a short time, every four years.



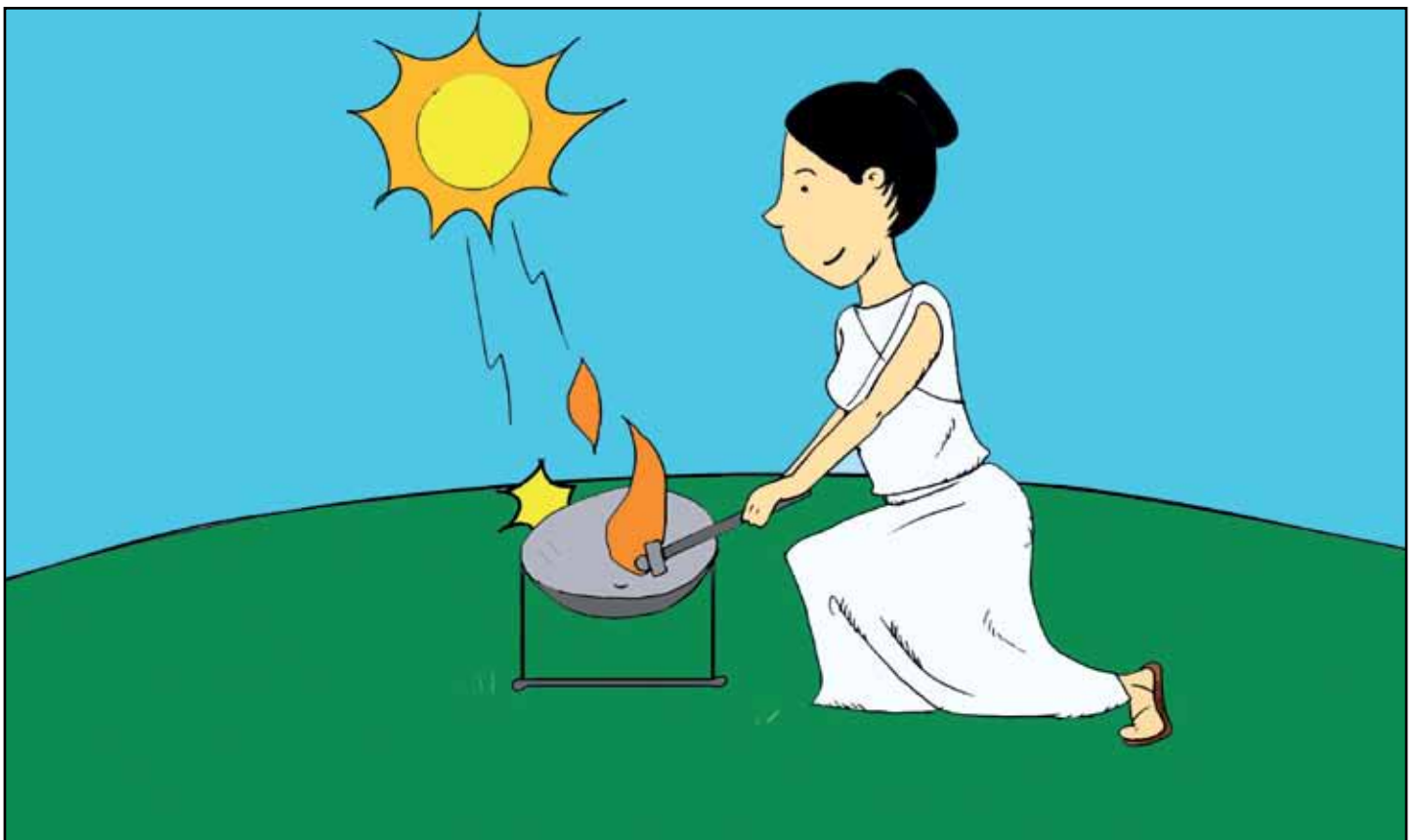


Messengers, wearing olive wreaths on their heads to symbolize peace, travelled throughout Greece to tell everyone about the Olympic Games and the start of the Olympic Truce. Some people say they were called the “spondoforoi”. This is how athletes and spectators knew they could make the journey to Olympia, and back home again, in peace and safety.

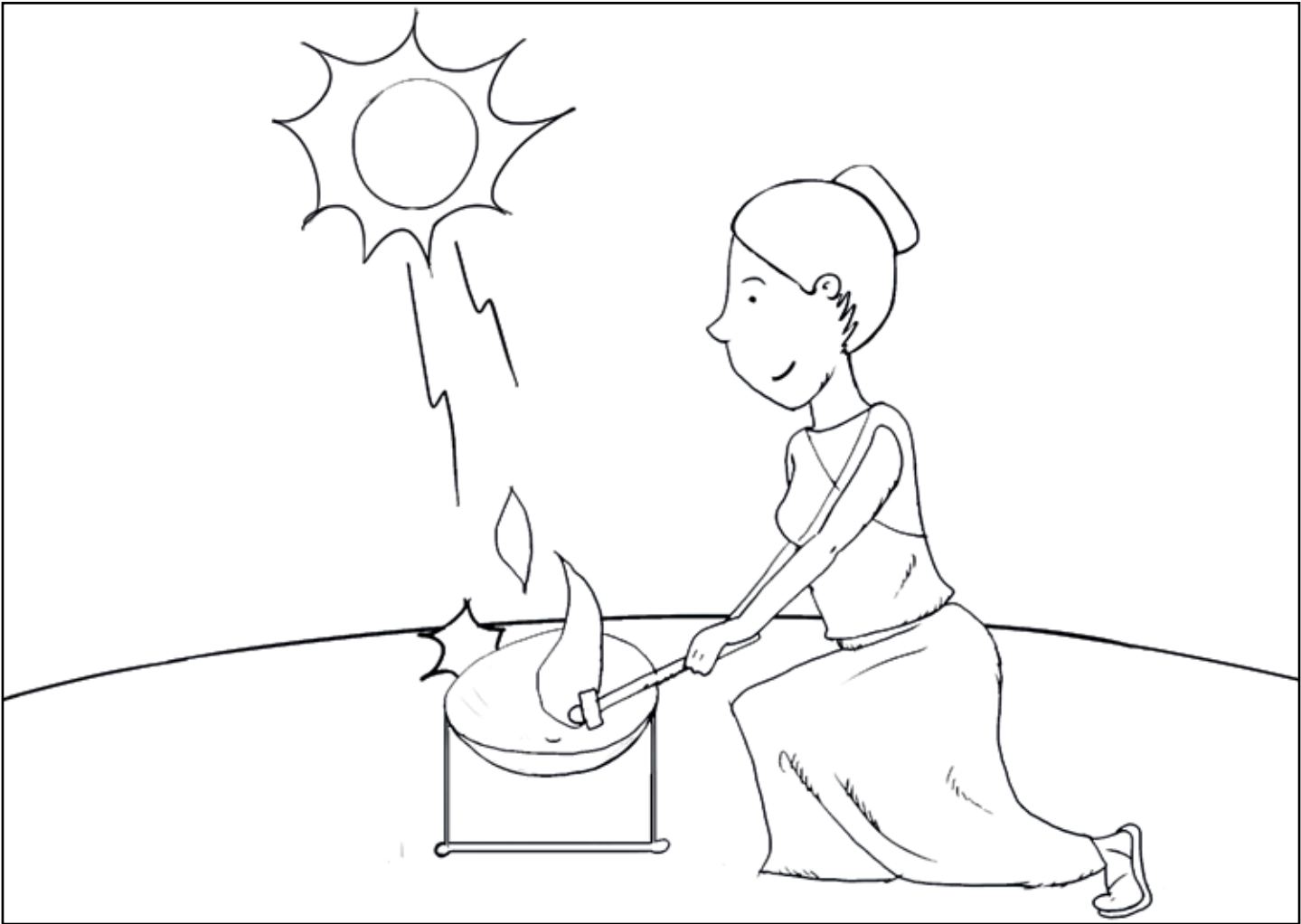
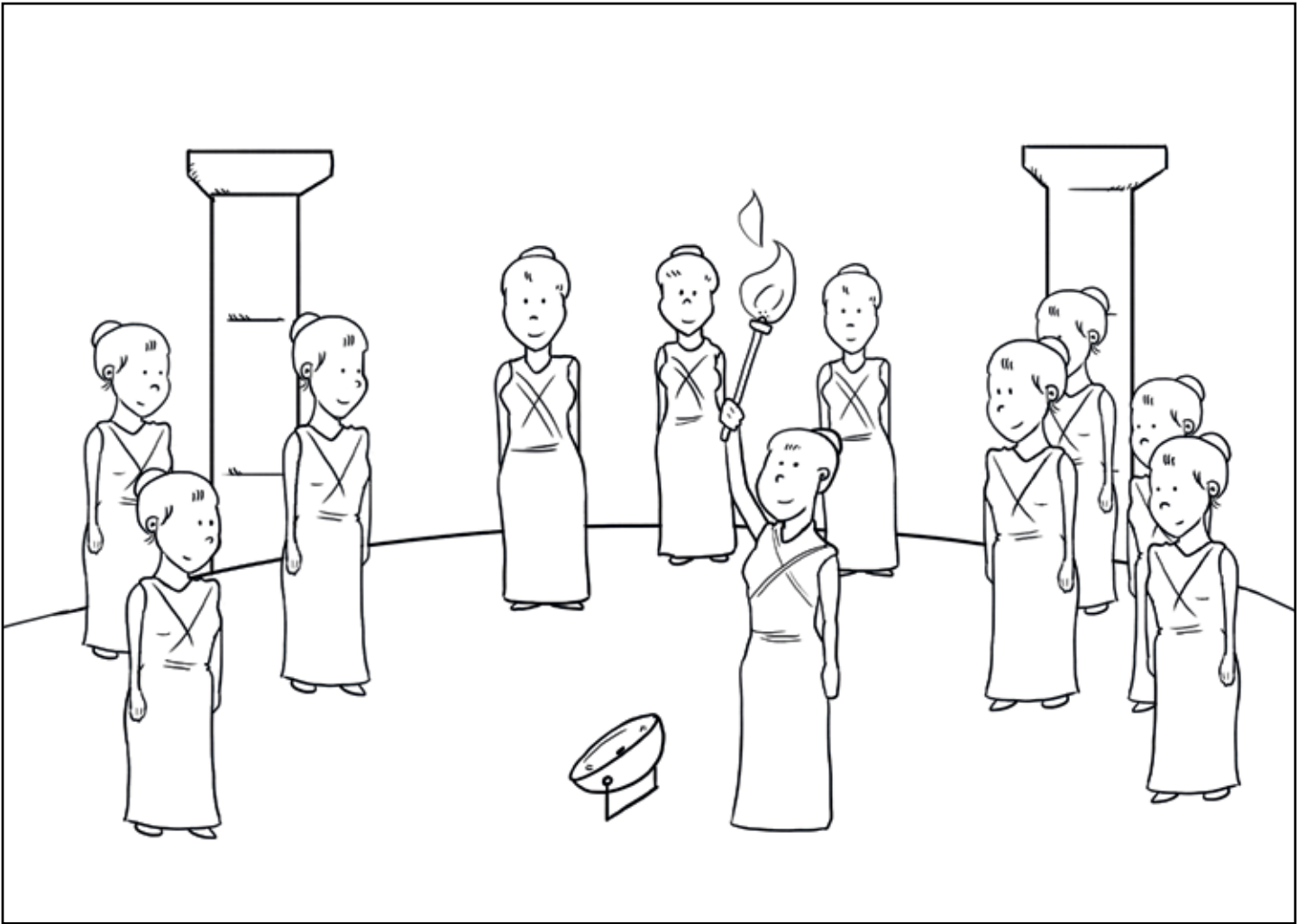




Today the Olympic Flame carries the message of a united world. The flame leaves Ancient Olympia and travels all over the world to reach the city where the Olympic Games will be held. The Olympic Flame symbolizes the light of the spirit, wisdom and life.



The flame is lit as it used to be in ancient times, using the rays of the sun. It is lit using a dish, like a mirror, which captures the strength of the sun to light the flame. And then the long journey begins. It stays alight throughout its journey and is only put out at the end of the Olympic Games.





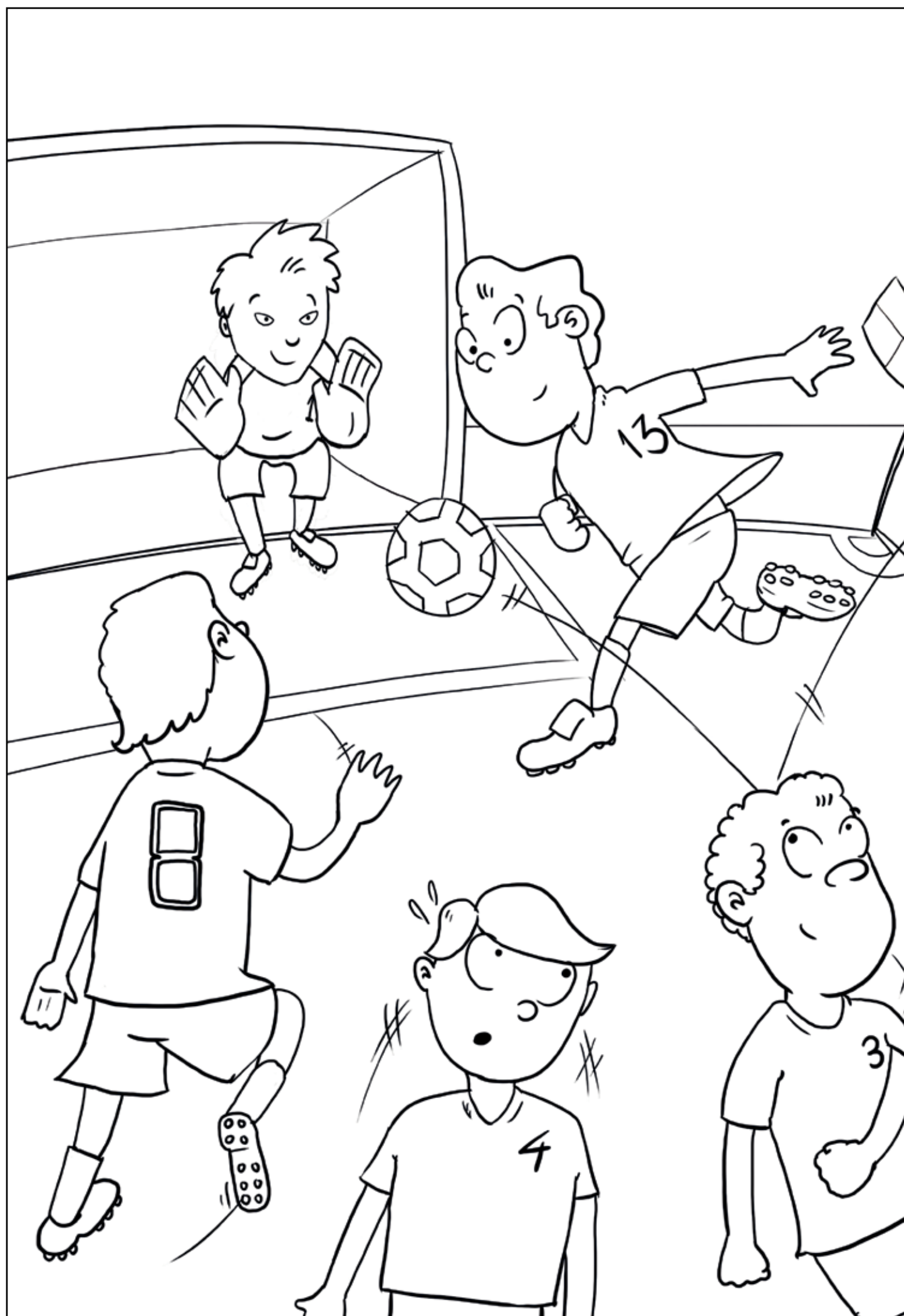
Almost 2.800 years have passed since the first organized Olympic Games, yet the dream and the idea of the Olympic Truce is still alive. This just proves what a good idea it is. The Olympic Truce is supported by the United Nations. Before every Olympic Games, the countries of the world meet to sign an agreement to keep the Olympic Truce and to stop fighting during the Games.

# U.N.





The Olympic Truce lasts throughout the Olympic Games, so athletes from all over the world can meet and compete peacefully. This creates opportunities for friendship and dialogue. Friends, as we know, do not fight with each other. This is how sport inspires peace.

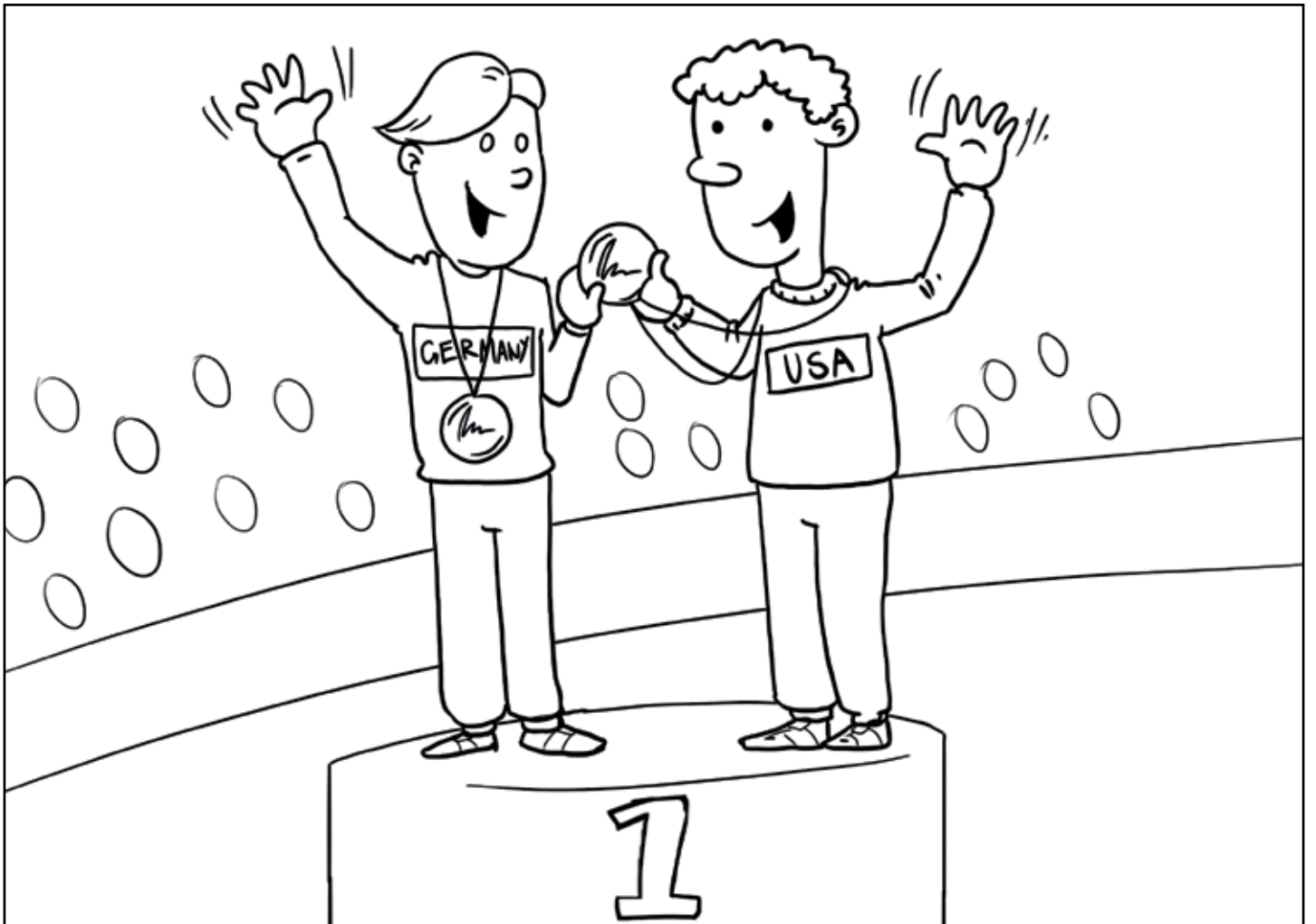
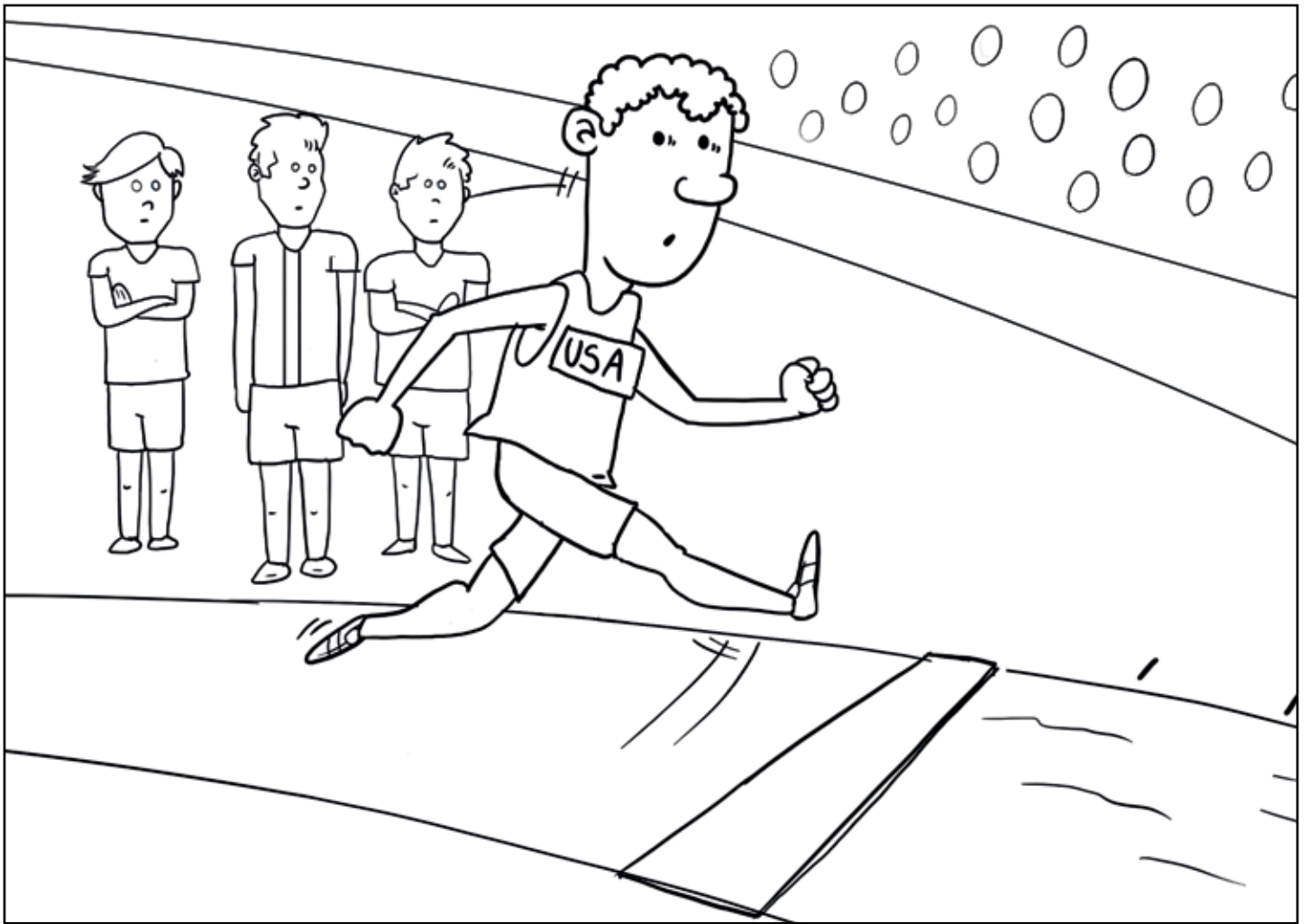


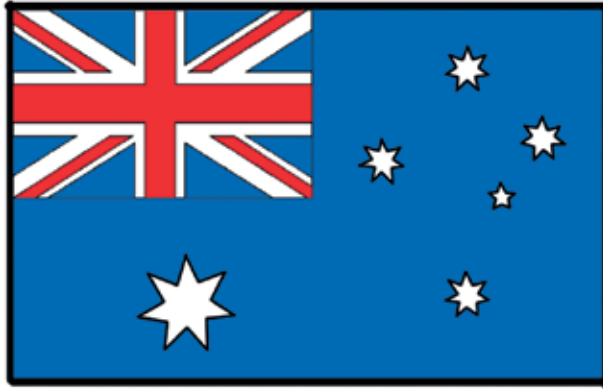


Here is a personal story about Olympic Truce and the Olympic spirit. It takes place in 1936 during the Olympic Games in Berlin. At this time there was a lot of racial hatred. Jesse Owens, an African American athlete, felt uncomfortable in the stadium.

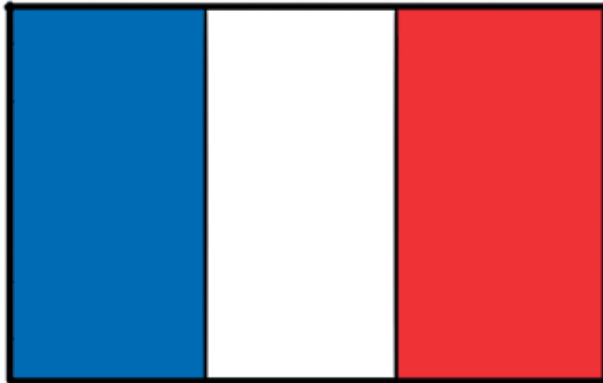


Because he was nervous, he could not jump well. Before his third and last attempt, he felt a friendly touch on his arm. He turned and saw his competitor, the German athlete Luz Long. Luz looked at him and smiled, and gave him advice and encouragement. Jesse Owens beat Luz Long and won the gold medal. Luz Long won the silver one. On the winners' podium they raised their medals together. A strong friendship was born, which we still admire.





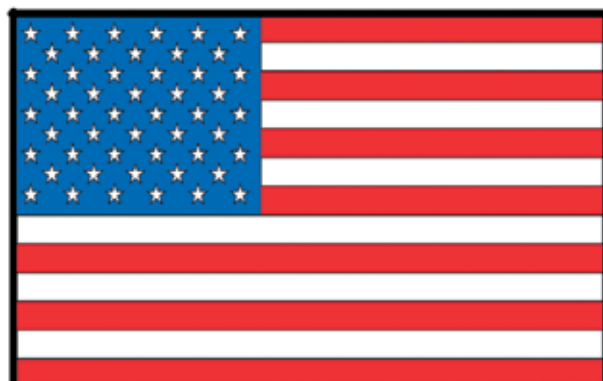
AUSTRALIA



FRANCE



GREECE

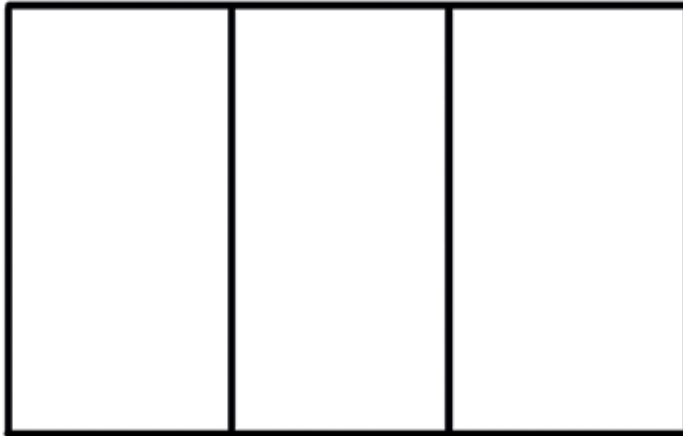


UNITED STATES OF AMERICA

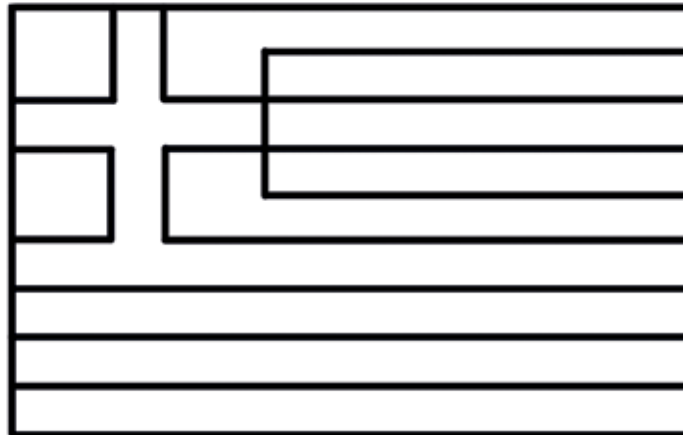
In ancient times, during the Olympic Games there was peace all over Greece. Today, the Olympic Truce does not apply only to Greece, because athletes from about 200 countries compete at the Olympic Games. What could be better than to replace hatred and war with peace and sport. At the biggest celebration in the world, everyone joins together in peace, meeting new people and new cultures.



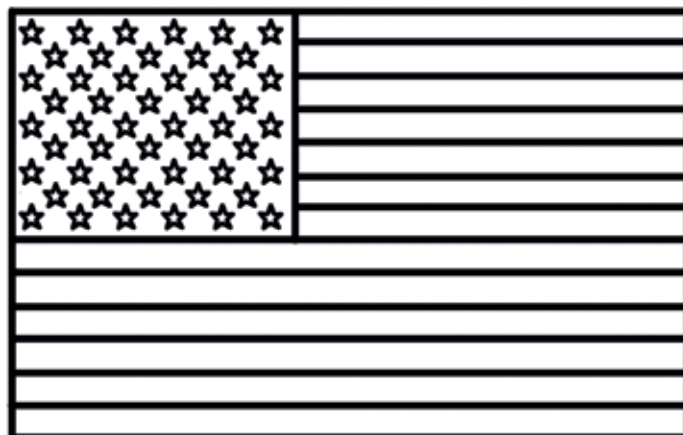
AUSTRALIA



FRANCE



GREECE



UNITED STATES OF AMERICA



UNITED KINGDOM



CHINA

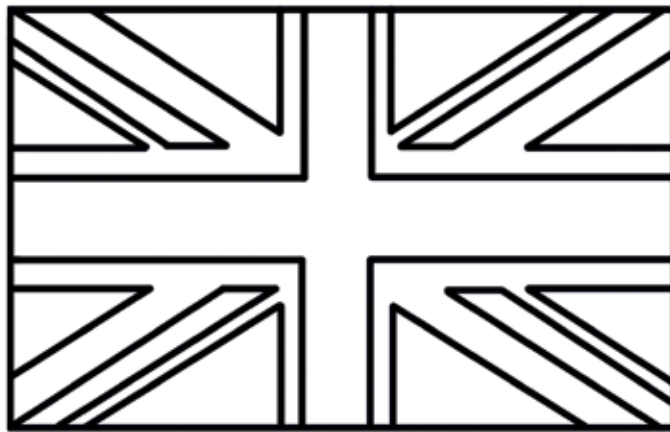


SOUTH AFRICA



RUSSIA

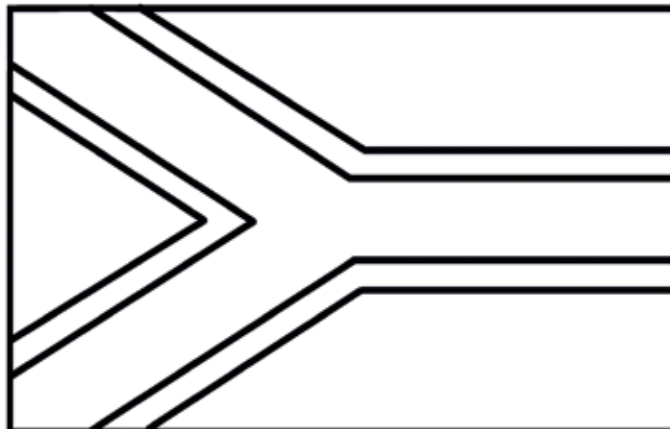
People who would otherwise never meet, get together at the Olympic Games. They may be people at war with each other, but through the Olympic Games they get to know each other, become friends and forget hatred.



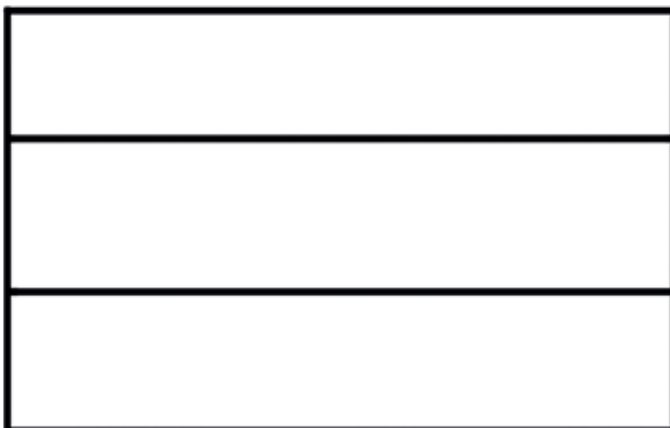
UNITED KINGDOM



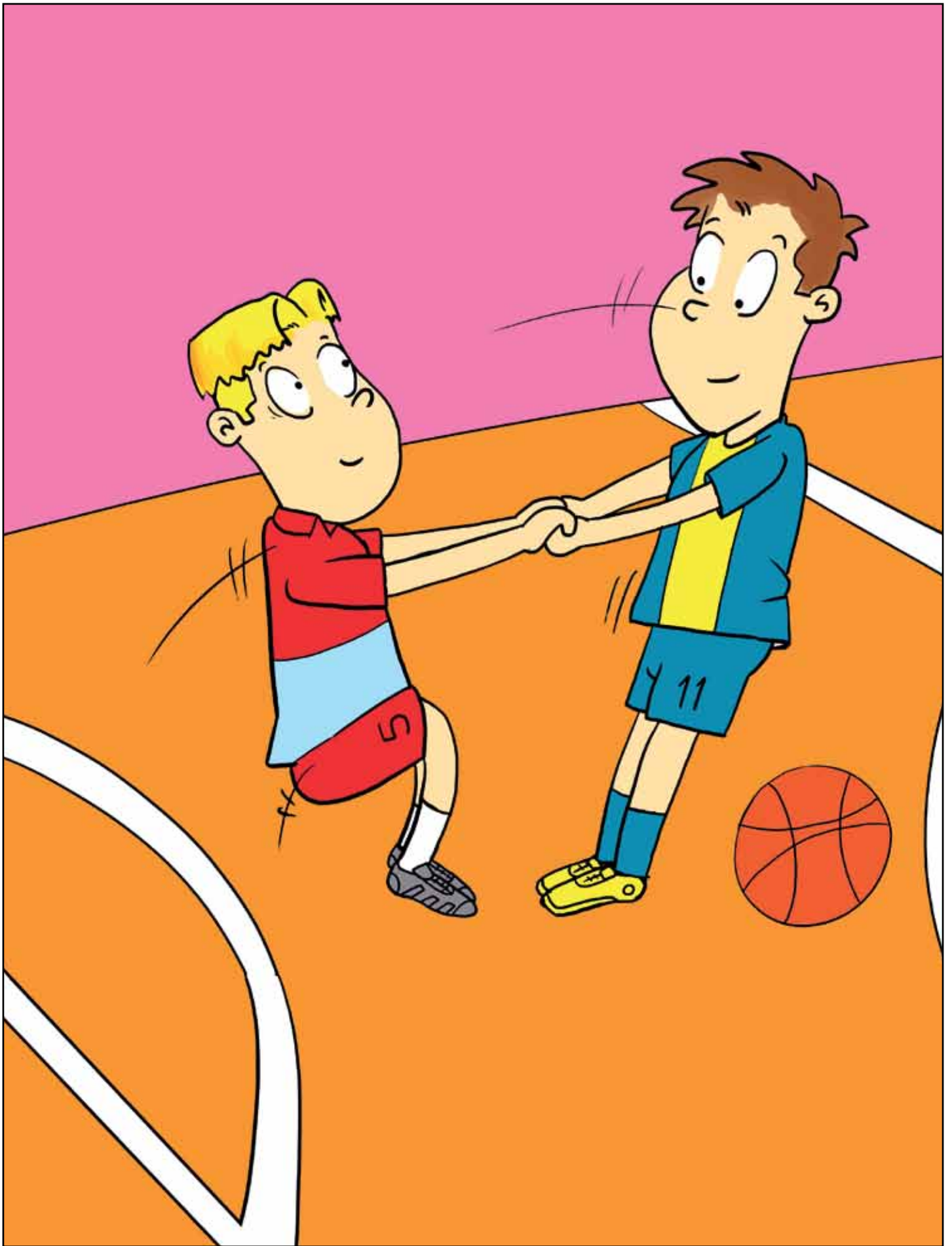
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SOUTH AFRICA



RUSSIA

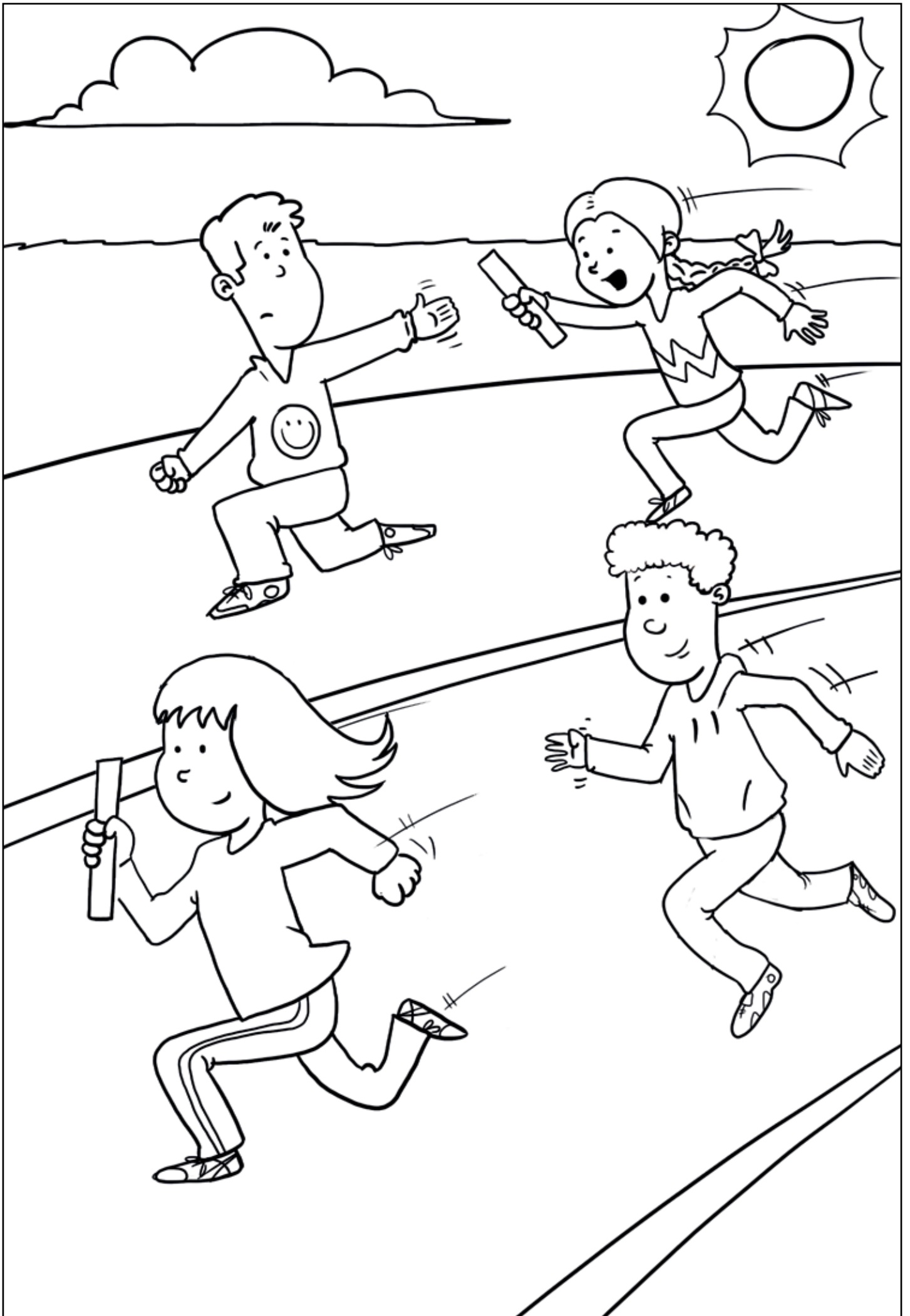


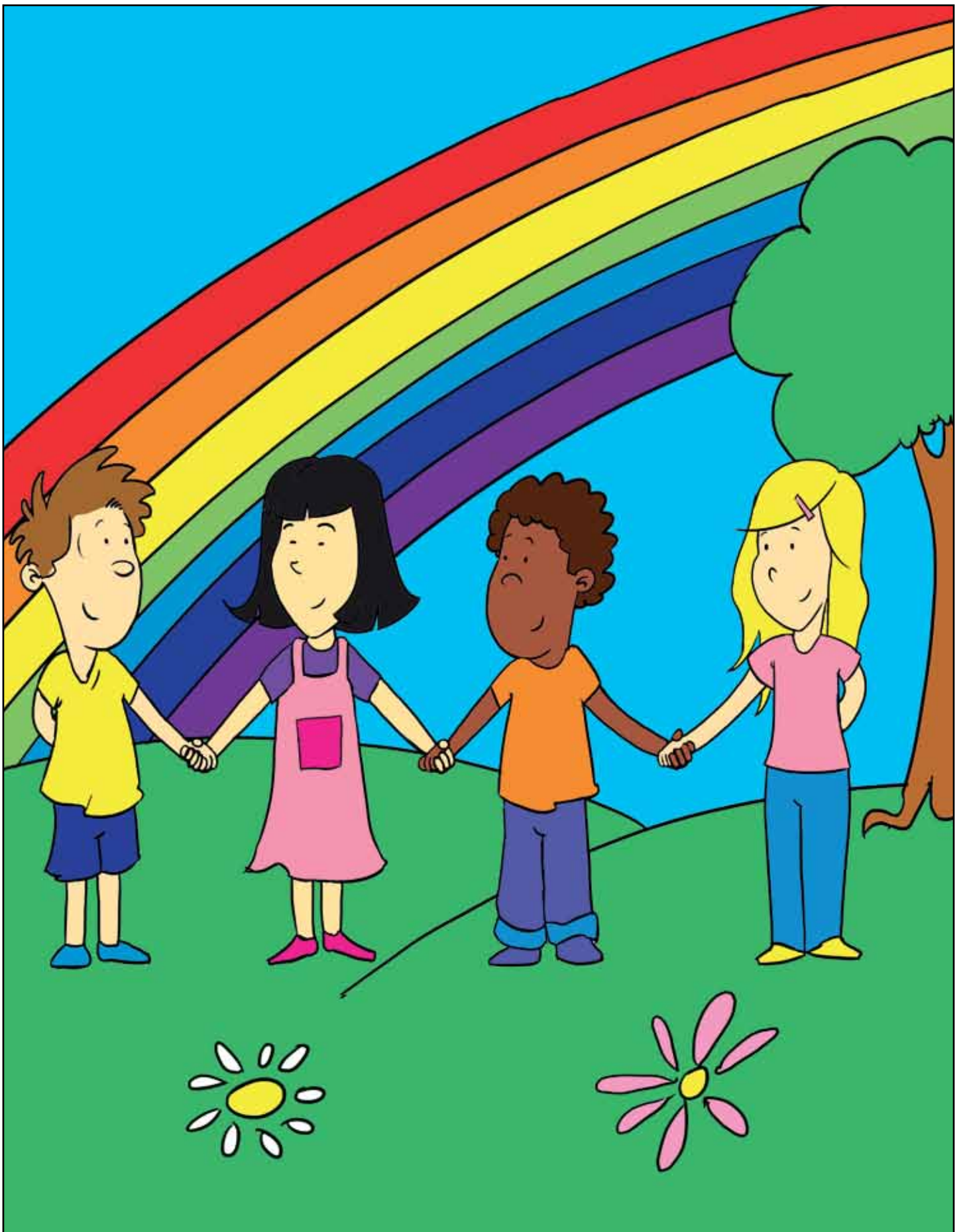
From ancient Greece to the present day, people compete in the Olympic Games as friends. They play fair because when we play sport, winners should win fairly. And even though they are opponents in sport, they are good friends, helping each other when necessary. A true victory is a fair victory.



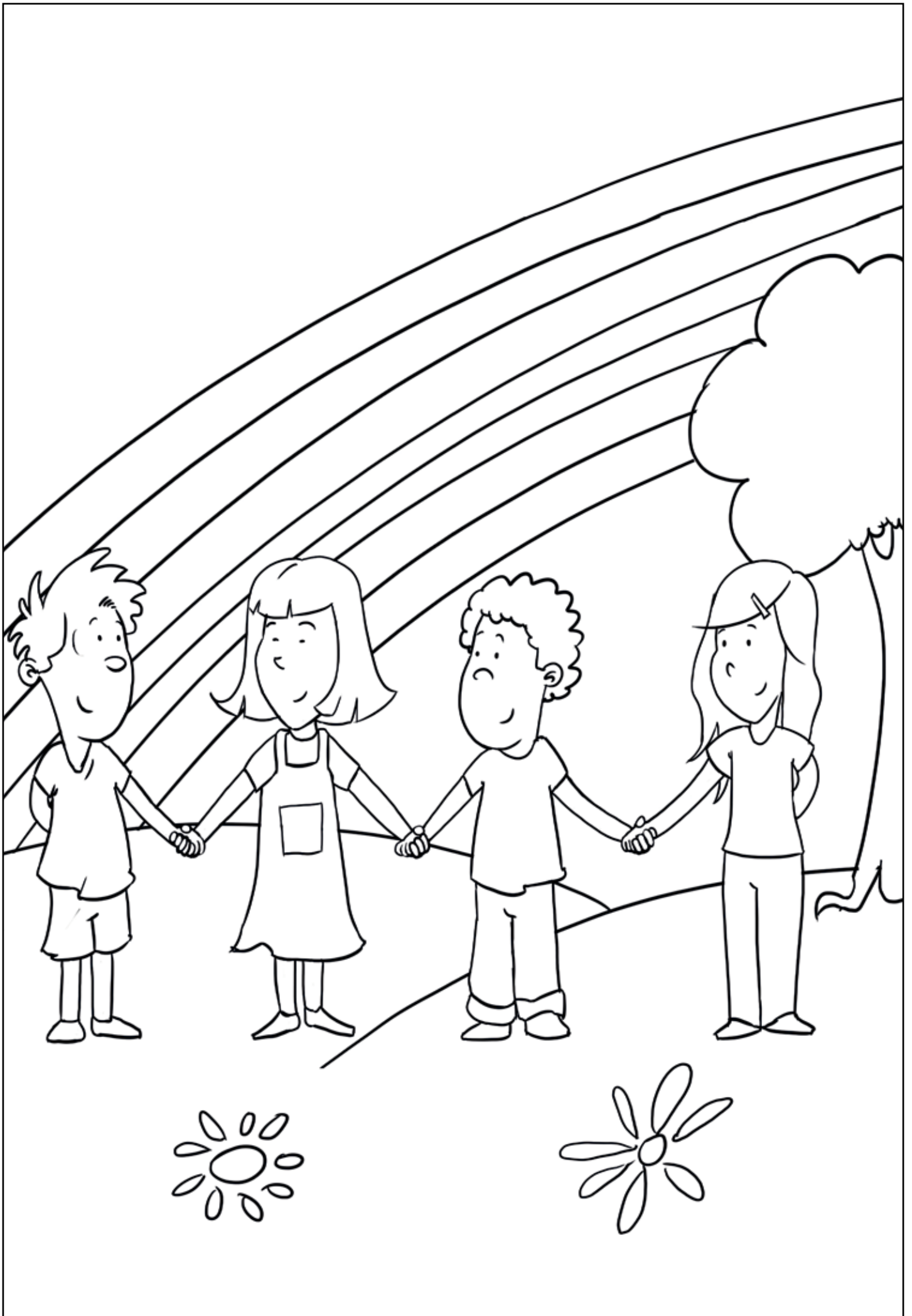


The Olympic Games belong to all people of the world. It makes no difference if you are a man or a woman, which religion you believe in, which country you come from, if you are rich or poor, or what colour you are. Everyone has the same right to compete.





Never forget that the Olympic Truce can bring peace to our world, if only for a short time! If we try to bring the Truce into our day-to-day lives, then, through dialogue, understanding, solidarity, knowledge, and respect for our fellow human beings and their unique characteristics, we can always have peace in our lives. And if we can do that, then everyone will bring peace to the world, just as King Ifitos imagined.



## **PUBLISHER**



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Olympia Lausanne Athens

[www.olympictruce.org](http://www.olympictruce.org)

## **CONCEPT, GENERAL SUPERVISION**

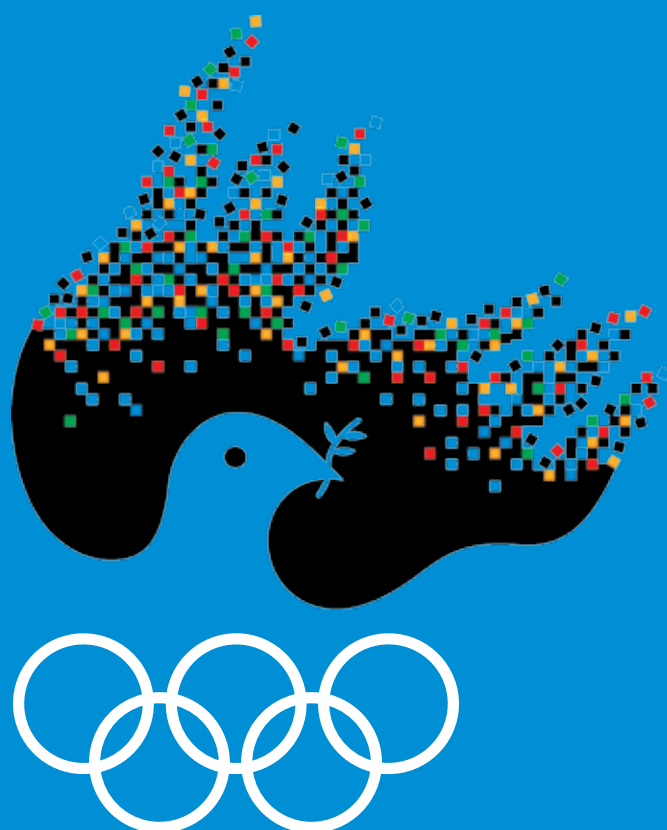
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Alexandros Hamilakis



**IMAGINE**  
**PEACE**  
**THE**  
**EDUCATIONAL**  
**PROGRAM**



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