

**Athens, 29th May 2026**

**Dear Young Olympic Ambassadors,**

First of all, congratulations on being selected to represent your National Olympic Committee/Academy in the 66th International Session for Young Olympic Ambassadors of the International Olympic Academy, scheduled to be held in Athens and in Ancient Olympia from 6 to 18 June 2026. Get ready to live an Olympic experience you will never forget!

Please, find below some useful info regarding your participation in the Session.

### **IN ATHENS**

#### **- Arrival at the airport (Saturday, the 6<sup>th</sup> of June)**

Make sure that you have uploaded your correct flight details on the IOA registration platform but please also forward them to [c.skaliarakis@ioa.org.gr](mailto:c.skaliarakis@ioa.org.gr) because upon your arrival at the Athens airport you will be met by IOA staff who will direct you to the bus or taxi that will transfer you to the hotel you are going to be staying at for the nights of 6th and 7th of June.

We should remind you that upon arrivals in Athens, transportation to the hotel as well accommodation in Athens, is provided **only for the 6th and 7th of June**.

Likewise, upon your departure from Olympia on the **18th of June** we will offer direct transportation to the Athens airport and **no overnight stay in Athens** is scheduled for that day.

#### **- Hotel in Athens**

A hospitality desk will be operating at the Athens hotel, where, upon arrival, you will receive your **accreditation card** and other useful material. At the back of your accreditation card you will find a **QR code with the official programme** of the Session.

The full details of the hotels where you will be accommodated upon arrival in Athens and only for the nights of 6th and 7th of June are as follows:

- **Candia** (40, Th. Deligianni street, 10438, Athens, Tel.: +302105246112-7, Email: [candia@candia-hotel.gr](mailto:candia@candia-hotel.gr)) and,

- **Novotel** (4, Michail Voda street, 104 39, Athens, Tel.: +30210 8200700, Email: [Ho866@accor.com](mailto:Ho866@accor.com))

### **Novotel Hotel**

15.00 00 hrs            Check in at the hotel

14.00 hrs-15.30 hrs    Lunch at the hotel

20.00 hrs-21.30 hrs    Dinner at the hotel

### **Candia Hotel**

15.00 00 hrs            Check in at the hotel

14.00 hrs-15.30 hrs    Lunch at the hotel

20.00 hrs-21.30 hrs    Dinner at the hotel

### **\*Extras**

The IOA provides full-board accommodation both in Athens and in Olympia. Any additional expenses should be covered by you. Therefore, in case you choose to use the mini bar, paid TV or the telephone at the hotel in Athens, you will be expected to pay for all the above-mentioned services at the hotel reception before your departure from the hotel.

### **- Guided visits and Opening Ceremony**

In the morning of **Sunday, the 7th of June** at **8.00am** you will depart for a visit to the **Panathenaic Stadium** and the **Acropolis museum**. In the afternoon of the same day at **19.00 hrs**, the **official Opening Ceremony** of the Session will take place at the **Hill of Pnyx** (**formal dress code**). All participants are kindly requested to be at the hotel lobby at **17.30** in order to board the buses on time. A reception at Novotel hotel will follow after the ceremony.

**Panathenaic Stadium:** *As the venue of the first modern Olympic Games in 1896 and the only stadium in the world built entirely of marble, the Panathenaic Stadium offers a unique connection between the ancient roots of Olympism and its modern revival.*

**Acropolis Museum:** *Offers a unique opportunity to explore the rich history and cultural heritage of ancient Athens. Through its remarkable collection of sculptures, artifacts, and archaeological discoveries from the Acropolis, participants can gain a deeper understanding*

of Greek civilization, art, and architecture. A visit to the museum provides valuable historical context and showcase some of the most significant treasures of classical Greece.

**Hill of Pnyx:** The most important historical sites in Athens, known as the birthplace of democracy. You will have the opportunity to stand where ancient Athenians gathered to debate public issues and make decisions that shaped the foundations of democratic governance. You will connect with the political and cultural legacy of ancient Greece while enjoying panoramic views of the Acropolis and the city of Athens.

- **Departure to Olympia**

On **Monday, 8th of June** at **08.00am** we will meet at the hotel lobby in order to depart for Olympia where we're expected to arrive around **13.00**.

### **IN OLYMPIA**

- **Opening Ceremony in Ancient Olympia**

The second Opening Ceremony will take place at the main lecture hall 'D. Vikelas' of the IOA Conference Centre on **Monday, June 8<sup>th</sup>**, at **17.00** (formal dress code).

- **Guided visit in ancient Olympia**

A guided visit to the UNESCO World Heritage archaeological site and the museum of Ancient Olympia will take place in the afternoon of **Wednesday, June 10<sup>th</sup>** at **17.00** (please bring a hat and water bottle with you).

*Olympia was the birthplace of the most famous and important sporting event in the ancient world, the Olympic Games, which took place every four years from 776 BC to 393 AD. The site was also a place of worship dedicated to the Greek god Zeus from about the 10th century BC. Here you will find incredible sculptures such as the decoration of the temple of Zeus, as well as the famous Hermes of Praxiteles and the statue of Nike of Paionios.*

- **Excursion to the beach**

In the morning of Saturday, June 13<sup>th</sup>, we are going to the beach so make sure to pack your swimsuit and your beach towel!

- **Olympic Day Run**

In the same afternoon (13 June), we will participate in the 5th Olympic Day Run in Ancient Olympia (registration form: <https://forms.gle/iRK5w67uak8UfhKg8>) – participation is optional.

## **DAILY SCHEDULE**

- **Lectures and working groups**

Every day you will attend lectures by eminent professors and Olympic specialists. After each lecture you will have the opportunity to ask questions to the lecturers, so be prepared for some serious debate!

After the end of the Q&A Session you will be joining your working groups where under the guidance of the group coordinators you will engage in dialogue with your fellow participants and discuss issues arose at the lecture hall.

Please, bear in mind that participation in the lectures and working groups is **mandatory** and you will have to make a group presentation of your conclusions at the end of both cycles of subjects of the Session.

- **Presentations by Olympians**

Athletes, who have participated in Olympic, Paralympic or Youth Olympic Games and wish to make a presentation on their experience during the Session, should contact Ms Stella Tachtara at [s.tachtara@ioa.org.gr](mailto:s.tachtara@ioa.org.gr) in order to receive more info. This is an important section of the Session that serves as an inspiration for all participants and is included in the book of proceedings of the Session which is published every year.

- **Arts workshops**

By blending Art and Sport, delegates will have the opportunity to showcase local, national and international culture, foster cross-cultural dialogue, and celebrate the Olympic values, crossing borders, cultures, languages and generations. Colors, pens, paper, fabric and all kind of materials are being used to create the greater picture. Use your imagination, your creativity and your personal means of expression and be transformed into an artist!

- **Dance Workshop**

Music, like sport, has the ability to rise above cultural differences. Join the dance workshop and celebrate cultures through different kind of dances, sounds and music from every

corner of the world. Salsa, tango, hip hop, jazz, folk and all kind of dances are here to be taught and to be learned by you!

- ***Music Workshop***

Music has the unique power to unite the world and we celebrate this every day! The music workshop will be a “space” for meeting and union through listening, playing and singing. If you play any music instrument you’re invited to bring it along!

- ***Poetry & Literature Workshop***

The relationship between literature and athletic competition can be traced as far back as ancient Greece where spectator sports often included literary events as part of the festivities. Express yourself, show your emotions, your thoughts and your dreams through the poem, the song or the text you will create and reveal your creativity!

- ***Sports activities***

Delegates are encouraged to participate individually or as team players to several sport activities, such as football, tennis, beach volley, table-tennis, basketball, track and field and morning workouts. Mini tournaments are being organized and everyone will have the opportunity to participate and live the excitement of the game!

- ***Social evenings***

All delegates are encouraged to share their culture as well as their customs and traditions with each other. Via interactive games, traditional dances and songs, quizzes and more, participants will have the invaluable opportunity to live in a multicultural environment, to experience different smells, tastes and sounds and live in an atmosphere of unity. Bring your ideas and present your country, your culture and your customs to the rest of the “family”!

- ***Food festival***

Participants are warmly invited to bring traditional foods, snacks, sweets, or drinks from their countries and share the flavors and aromas of their culture with others. Join us for a special evening of friendship, cultural exchange, and tastes from around the world!

- **IOA Library**

The International Olympic Academy Library recently enriched its collection with new book titles connected to the main topic of the IOA Sessions 2026: “Championing Inclusion, Integrity and Responsibility for Every Athlete”. Participants are warmly encouraged to visit the Library to explore these resources, support their research and discussions, and engage more deeply with the Sessions' themes. The Library offers a welcoming study environment and access to specialized material dedicated to sport, Olympism, education, and related academic fields.

The IOA library, with more than 20.000 book titles, is located on the 2<sup>nd</sup> floor of the Conference Centre.

Opening hours: **08.00 hrs – 20.00 hrs** (Monday to Sunday)

- **IOA Restaurant**

The operating hours of the IOA restaurant are as follows:

Breakfast: **07.30 hrs – 08.30 hrs**

Lunch: **13.00 hrs – 14.00 hrs**

Dinner: **20.00 hrs – 21.00 hrs**

- **IOA swimming pool**

Daily from **12 to 8pm**.

- **IOA Fitness room**

Daily from **9am to 9pm** (max capacity 3 pax.).

## **[RETURN TO ATHENS](#)**

We will leave Olympia to head directly to the Athens airport in the morning of **Thursday, June 18<sup>th</sup>** at **8am** and we are expected to arrive at the airport at approximately **13.00**. Therefore, ***make sure to book your return flights accordingly.***

***For those who have already booked their tickets and depart very early on June 18<sup>th</sup>, there will be an additional bus leaving in the early hours of June 18<sup>th</sup>, so as everyone makes it to the airport on time.***

May we remind you that all drop-offs will take place at the Athens airport and no accommodation is provided for that day. So, if you plan to extend your stay in Athens you should make your own arrangements regarding transportation and accommodation.

### **PROGRAMME OF THE SESSION**

The full programme of the Session will be accessible through a dedicated QR code (as indicated below), which will also be printed on the reverse side of your accreditation card and notebook, to be distributed upon your arrival. Through this digital platform, you will have direct access to all essential materials, including lectures, the lecturer's short CVs, the texts of the lectures, and the conclusions by the working groups and additional documentation. The platform will be continuously updated throughout the Session.



Or you may use the following link: <https://www.ioa.org.gr/agenda/66th-international-session-for-young-olympic-ambassadors>

### **IMPORTANT NOTES**

- Please, bear in mind that the IOA provides full-board accommodation both in Athens (only for June 6<sup>th</sup> and 7<sup>th</sup>) and in Olympia (June 8<sup>th</sup> to 18<sup>th</sup>) and only for the dates of the Session. If you wish to arrive before June 6<sup>th</sup> or stay on after June 18<sup>th</sup> you will be personally responsible for any costs or transports incurred during this time.
- Please, consider that there isn't a laundry service at the IOA premises nor in the village of Ancient Olympia. Therefore, you are advised to pack accordingly.
- Removing linen (sheets, towels etc.) from your room is not allowed.
- Don't forget to pack a white t-shirt (we're going to organize our "own" torch relay).
- Please, always have your Ancient Olympia room key card and accreditation card with you as these will provide you access to the archaeological site and the IOA

campus and take good care of them because they cannot be replaced. Loss of your key card is subject to extra charge.

- There is a post office, banks and ATMs in the village of Olympia, in walking distance from the IOA premises, as well as mini markets and other small shops.
- The IOA bears no responsibility in case of loss or damage to valuables. You are therefore advised to deposit your valuables to the safety deposit box, in the Secretariat.
- In case of an emergency, i.e. fire, earthquake, etc., the assembly point is the track and field court.

### IMPORTANT HEALTH INFO

- The Hellenic Red Cross and a doctor will be available 24/7 at the IOA premises in Ancient Olympia, and the First Aid Room is at no 125, so in case you encounter any health problem contact them asap. In case you feel unwell you are kindly advised to wear a protective mask until you feel better.

### FIND US ON SOCIAL MEDIA

You are more than welcome to join our social media community on Facebook, Instagram and LinkedIn and make sure to participate in our WhatsApp community: <https://chat.whatsapp.com/EFvGCdvz6oh9b3V1KNCiS7> (QR as indicated below) where you can introduce yourselves, chat with your fellow participants, and get immediate updates on the programme.

(Scan the QR code using the What's up Camera to join the Group)



*We look forward to welcoming you all!*

With warmest regards,

The IOA Team