



Appendix: Rules for the Pierre de Coubertin Award 2017

Following Coubertin's educational aims, the motto of the 11th Youth Forum will be "*Kalokagathia - the harmony of body, will and mind!*" It shall reflect our approach of a holistic and harmonious education of the youths based on the five areas of learning of Olympic education: sporting efforts, social conduct, moral behaviour, Olympic knowledge and musical and artistic creativity.

The competitions for the Coubertin Award 2017 will include of the following five disciplines:

1. Community Service:

All students must carry out an activity in their respective country for the benefits of their community. Working with elderly people, coaching groups of young children in sports and any form of voluntary service are considered acceptable. Schools will receive cards for completion in advance, which should be signed by the Head of the school as a confirmation of each individual student's successful participation. The cards must be brought to the Forum in August.

2. Olympic Knowledge Test:

All students will, as individuals, complete a short test (15 minutes) about the Olympic Movement. Questions will focus on the ancient and modern Games, the life of Pierre de Coubertin and the Olympic Games venues (summer and winter).

3. Sports Tests:

These tests are designed in true Olympic spirit to promote participation. All students should have the opportunity to succeed with the appropriate amount of training and effort. At the 11th Forum the tests will include some traditional events, like a *100m sprint, long jump, swimming, cross country race, and ball throw from a sitting position* (Paralympic sport).

More details will follow later.

4. Arts Performance:

Following the good example of Piešťany 2015, where a new design of the arts performances was successfully introduced, we again will offer international workshops in this field.

Each participant may choose from the ca. 10 workshops offered during the Youth Forum (drawing, music, pantomime, drama, dance, ...etc.). During three sessions in the chosen workshop the youths will meet and create together a piece of art connected with the forum motto (a performance, a song, collages, the forum banner etc.). In each workshop, there shall only be **one student per nation**.

This way the participants will have another chance to meet and to mingle, this time in the artistic field.

Lists for subscription according to the students' talents or preferences will be sent to each school/delegation in a circular letter in good time before arrival.

5. Olympic Values:

The central topic of our group discussions will be "Balance between Body, Will and Mind". Traditionally, there will be four subtopics. One of them the groups are expected to prepare in advance at home.

This work will be supported by experienced members of the CIPC.

The results will be presented during the closing ceremony and documented for the future work of the International Network of Coubertin Schools.

More details will follow later.