Olympic fundamentals

Olympism (Olympic Ideals)

By blending sport with culture and education, Olympism promotes a way of life based on:

- the balanced development of the body, will and mind (hauora)
- the joy found in effort (te hariko ka puta ake i te hekenga werawera)
- the educational value of being a good role model for others (te pai o te kaiako pono)
- respect for universal ethics, including:
  - tolerance (rangimārie, kia ngāwari)
  - generosity (ohaoha, manaakitanga)
  - unity (kotahitanga)
  - friendship (hoatanga)
  - non-discrimination (manakohanga)
  - and respect for others (whakanuitanga).

From page 1 of Understanding Olympism: Building a Peaceful and Better World through Sport and the Olympic Ideals by New Zealand Olympic Committee (2000). Wellington: New Zealand Olympic Committee. [Note that the equivalent terms/phrases in te reo Māori are not quoted from the above document]

Goal of the Olympic Movement

The Olympic Movement seeks to contribute to building a better and more peaceful world by educating young people through sport free of discrimination and in the Olympic spirit ... the spirit of friendship, unity, and fair play.


The Olympic Truce

"Ekecheiria" is the Olympic truce, which originated in Greece in the ninth century BC. The ancient Olympic Games had a truce period that lasted for seven days before and after the Games, and during this truce period, all fighting ceased. The Olympic truce represents the ideals of tolerance, friendship, and respect for others.

Nowadays, before each Olympic Games celebration begins, the General Assembly of the United Nations urges all of its member states to observe the Olympic truce, during the celebration and beyond, as a contribution to global peace and understanding.

The Olympic Creed

The Olympic Creed appears on the scoreboard at the Opening Ceremony of the Olympic Games. It states that "the most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered but to have fought well." Most Olympic Games athletes come primarily to be part of the festival: the victory they strive for is that of doing their best in the spirit of friendship, unity, and fair play.