ATHLETE365 PROGRAMMES
WHAT IS ATHLETE365?

- **Athlete365** is the official community for elite athletes and Olympians

- We have one simple mission: **to make athletes’ lives better**

- We give athletes a voice, and support their careers, well-being and performance with resources, advice and exclusive offers

Follow us on social media @Athlete365
Athletes’ Commissions (ACs) represent the voice of athletes within the Olympic Movement organisations and support athletes on and off the field of play.

Who has an AC?
- The IOC
- The IPC
- Continental Associations
- International Federations
- National Olympic Committees
- National Federations
- Organising Committees for the Olympic Games
- WADA
IOC ATHLETES’ COMMISSION

- IOC AC mission: to ensure that the athletes’ viewpoint remains at the heart of Olympic Movement decisions
- Up to 23 members, the majority elected by athletes during the Olympic Games
- 4 athletes are elected at each Summer Games
- 2 athletes are elected at each Winter Games

Stay up to date with the activities and projects of the IOC AC on Athlete365
• Supporting you to maximise your education and employment opportunities

• Promoting a dual career and post-sporting career

• Offering the resources and training needed to develop skills to help open up new opportunities

Athlete365 Career+ programmes include:
- Athlete365 Career+ Workshops
- Athlete Career Portal
- Athlete365 Employment
- Athlete365 Business Accelerator
- and much more...
ATHLETE365 | EXCLUSIVE OFFER

ATHLETE365 CAREER+
WORKSHOPS

• Held online and in person

• Helps you discover what you want out of life and develop the skills needed for a career outside sport

• Workshop modules:
  - Self-discovery
  - CV/resume writing

• Providing support on discovering your passion and putting together a powerful CV and cover letters

Find out more about the upcoming Career+ Workshops on Athlete365
ATHLETE CAREER PORTAL

• 12 months’ free access to the Athlete Career Portal

• Online platform that provides career development content, free LinkedIn courses and advice

• Job opportunities to support your transition into the workplace

Sign up to the Athlete Career Portal to:
- Develop your personal brand
- Build a CV
- Take self-assessments
- View local and international job postings
- Find info on learning centres
Are you looking to set up your own business or launch an innovative product into the market?

The Athlete365 Business Accelerator helps you take your first steps in the entrepreneurial world

Funded by Olympic Solidarity

Guidance through three key phases:

1) Virtual bootcamp to introduce the programme
2) E-learning course to gain knowledge
3) One-to-one mentoring

Find out more and start your journey today on Athlete365
ATHLETE365 | EXCLUSIVE OFFER

AIRBNB OLYMPIAN & PARALYMPIAN EXPERIENCES

• Athlete365 has teamed up with Airbnb to offer an exciting opportunity for athletes

• Share your passion and connect with people from all over the world whilst earning money

• Host your experience in person

• Support available from the IOC and Airbnb

• Hosts give people access to places and activities that can’t be found elsewhere. Share your favourite recipes, city tours or athlete stories with Airbnb guests

To find out more and register your interest, head to Athlete365

For questions, please contact airbnbelexperiences@olympic.org
ATHLETE365 | EXCLUSIVE OFFER

AIRBNB ATHLETE TRAVEL GRANT

• Airbnb Travel Grant to use on Airbnb bookings and experiences

• Designed to support your journey to the Olympic and Paralympic Games

• This offer is available to a limited number of athletes each time

• Book a stay close to your training facilities or competition venue

• Applications will open in the build-up to the Olympic and Paralympic Games

Stay tuned on Athlete365 to apply for the next Airbnb Travel Grant
ATHLETE365 | EXCLUSIVE OFFER
AIRBNB500

- USD 500 Airbnb Travel Grant
- Available to Olympians and Paralympians participating at the Olympic and Paralympic Games
- You can use this grant to:
  - book a relaxing holiday
  - explore a new destination
  - book accommodation for your next competition

Find out more about Athlete365 x Airbnb and the next Airbnb500 Travel Grants on Athlete365
EXCLUSIVE SAMSUNG PHONE

- Samsung provides Olympians and Paralympians with new limited-edition mobile devices
- Free to every athlete competing at the Olympic and Paralympic Games
- Samsung phone programme has been delivered at every Olympic Games since Sochi 2014
- You can collect your new Samsung phone in the Olympic and Paralympic Village during the Games
- Preloaded with all the Athlete365 resources, programmes and offers

Find out more about the exclusive offer from Samsung on Athlete365
ATHLETE365 | EXCLUSIVE OFFER

P&G ATHLETES FOR GOOD PROGRAMME

• Athletes apply on behalf of the organisation they work with

• Provides charitable organisations (specialising in community impact, equality and inclusion, or environmental sustainability) with grants to support their essential and meaningful work

• 52 Tokyo 2020 and 16 Beijing 2022 athletes secured funding

• Applications for Paris 2024 hopefuls open from November 2022 to March 2023, and 20 athletes will get a grant of USD 24,000 for a charity of their choice

Find out more on Athlete365 and stay tuned for the next round of applications

WORLDWIDE OLYMPIC AND PARALYMPIC PARTNER
#MENTALLYFIT

- Athlete365 dedicated section for athlete mental health and well-being
- Includes articles and advice from fellow athletes and medical professionals to support athletes and entourage members

Mentally Fit toolkit and resources
- To help organisations develop and implement initiatives related to the protection and promotion of mental health and well-being among elite athletes

Sleep to Compete e-learning course
- Learn how better sleep can positively impact health, well-being and performance

Check out the #MentallyFit section on Athlete365 to find out more
**SAFE SPORT**

**ON ATHLETE365**

**Athlete365 safe sport content:**
- Can help you to recognise inappropriate behaviour
- Learn about your role in fostering a safe environment
- The impact of your voice in promoting safe sport

**Online e-learning course:**
- Safeguarding Athletes from Harassment and Abuse course
- Featuring experts and former ice hockey player Sheldon Kennedy
- Vital education on safe sport

**The IOC Integrity Helpline**
- Provides a space to safely report any incidents of harassment and abuse
- Help us to stop all forms of harassment and abuse by reporting it

Check out the safe sport content on Athlete365:
- Safe Sport section
- Online course
- IOC Helpline
IOC Certificate: Safeguarding Officer in Sport programme

- Training safeguarding officers in the Olympic Movement
- Ensuring all athletes have access to a trained safeguarding lead
- Seven-month course; starting every September
- Funding available from Olympic Solidarity

➢ Open for anyone to apply: NOC/NF/IF staff, AC members, former athletes, coaches, etc.

➢ To provide people of all ages with the knowledge, skills and confidence needed to fulfil their safeguarding role for their respective sporting organisations

Head to Athlete365 to find out more about the certificate and how to apply
Free access to online learning courses for athletes and athletes’ entourage members, such as:

- Sports Media
- Understanding Sports Injuries
- Sports Psychology
- Professional Sports Management
- Preventing Competition Manipulation
- Safeguarding Athletes from Harassment and Abuse
- ... and many more

Join Athlete365 and gain instant access to all of our interactive courses
ATHLETE365 CONNECT POWERED BY GREENFLY

Athlete365 Connect, powered by Greenfly:

• Available to all Olympians from Tokyo 2020 and Beijing 2022, and athletes competing at some Paris 2024 qualifying events

• Instantly receive, download and share professional images of your performances at the Games

• Helps to build athletes’ personal brand with professional images and by sharing bespoke content with the IOC social teams

Sign up to Athlete365 Connect today and gain access to your images from the Olympic Games
ATHLETE365 | NEED TO KNOW

ATHLETES’ RIGHTS AND RESPONSIBILITIES DECLARATION

The Athletes’ Rights and Responsibilities Declaration:

- A historic athlete-driven initiative
- 4,292 athletes from 190 countries contributed to the work
- Outlines the rights and responsibilities for athletes within the Olympic Movement
- Tackles key issues such as integrity and clean sport that will help shape the future of sport for everyone

Head to Athlete365 to:
- Learn more about your athlete rights
- View the Athletes’ Declaration in your language
- Discover the impact of the Athletes’ Declaration
Prevention of competition manipulation content on Athlete365:

- Educational toolbox with resources that you can download
- Key information on the different elements of match-fixing
- E-learning course on the risks involved with sports betting

Head to Athlete365 to:
- Download the educational toolbox
- Meet your Believe in Sport Ambassadors
- Take the e-learning course

RULE #1
DON’T FIX the competition and always do your best.

RULE #2
DON’T BET on your own sport or any event at the Olympic Games.

RULE #3
DON’T SHARE information about health issues and sports tactics.

RULE #4
SPEAK UP! If you witness or suspect competition manipulation, you must report it.
ATHLETE365 FOR THE ATHLETES’ ENTOURAGE: THE TEAM BEHIND THE TEAM

**PERFORMANCE:** Coaches, trainers, sports scientists, nutritionists – we have advice and guidance to support you

**FAMILY & FRIENDS:** Parents, siblings, friends – we have a dedicated Olympic Games information guide for you

**HEALTH:** Doctors, physiotherapists, nutritionists, mental trainers, counsellors – we have courses and factsheets for you

**ORGANISATIONAL:** NOC/IF/NF staff – we have resources for you on athlete support and safe sport

**LEGAL & COMMERCIAL:** Sponsors, managers, agents – we have specific support on how to help your athletes

Head to the Athletes’ Entourage section on Athlete365 to find out more

Supported by the IOC Athletes’ Entourage Commission:
- Meet the Commission members
- Read their strategic four-year plan
- Set up your own Entourage Commission
MAXIMISE YOUR PERSONAL BRAND

A vital part of being a modern athlete is creating and developing your personal brand, but what does that mean?

1. **STAND OUT**

2. **BE MORE THAN AN ATHLETE**

3. **MAXIMISE YOUR OPPORTUNITIES**

4. **TELL YOUR STORY**

Athlete365’s Personal Brand Toolkit gives you every opportunity to tell your story and expand your horizons

Head to Athlete365 to:
- Download the Athlete365 Personal Brand Toolkit
- Take the learning course on sports media
- Read articles and advice on building your brand
ATHLETE365 MENTORING

Pairing Olympians & Paralympians with representatives from TOPs & IOC staff

Mentors gain leadership skills and increase their connection to athletes and the wider Olympic Movement

Athletes increase their employability, grow their network and gain personal support and expert insights

Apply now for mentoring through the Athlete365 website
SIGN UP!

• Quick links to all our offers and programmes in one place

• Share with your fellow athletes

• Head over to the Athlete365 website

• Follow us on social media @Athlete365 to stay up to date with the latest news and resources available to you
THANK YOU