

The background is a vibrant green surface covered in numerous white, blue, and yellow paint splatters of various sizes. In the lower-left quadrant, a tennis racket with a white frame and a silver mesh head is positioned. To its right, a tennis ball lies on the surface. Further right, three more tennis balls are clustered together. The overall composition suggests a connection between sports and art.

**SCHOOL PROJECT**

# **“DREAMS IN MOTION: AN OLYMPIAN'S GUIDE TO ART AND AMBITION”**

**SLAVEN DIZDAREVIC**

**WHY TO RUN THIS PROGRAM  
WITH AN OLYMPIAN AT MY  
SCHOOL?**

**Teaching Olympic Values**

This program uses the universal language of sport and art to teach core Olympic values—Excellence, Respect, and Friendship. These values are introduced through an engaging guessing game, where students perform and bring the values to life in a fun and memorable way.

**Inspiring and Empowering**

I share my own journey to the Olympics as a decathlete, inspiring students to explore their potential and empowering them to believe in their ability to achieve greatness, both in sports and in life.

**Discovering own dream**


The program encourages students to reflect on their passions and ambitions, guiding them to visualize and express their dreams through art and storytelling.

**Introducing useful life skills**

In an open, creative group dialogue, students will learn essential life skills such as discipline, collaboration, problem-solving, and resilience in a fun, interactive environment. They will also explore the power of having their own dream, understand how self-discipline supports their goals, and experience the role of imagination and visualization.

**Stimulating creativity**

Students experience the joy of self-expression through a variety of art forms, including painting and performance, using sports as a source of inspiration. They also explore unique painting methods such as 'painting sprints' and 'painting endurance'



**HOW TO RUN THIS PROGRAM  
WITH AN OLYMPIAN AT MY  
SCHOOL?**

○ **ONE DAY EVENT**

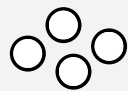
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combines sport and art to inspire creativity, teach life skills, and promote Olympic values—Excellence, Respect, and Friendship. Featuring my journey to the Olympic Games, it motivates students to pursue their dreams while offering unique painting methods like ‘painting sprints’ and ‘painting endurance’. Adaptable to the school’s needs and class sizes, the program includes interactive activities, group discussions, and fun performances.

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○○○ **CONTINUOUS EDUCATION PROGRAM**

builds on the one-day event by offering schools the opportunity to launch an art contest and organize an art contest exhibition. By incorporating regular sessions, this program extends the impact and deepens the connection between sport, art, and the Olympic values.



**TAILORMADE SPORT AND ART PROGRAM**

The tailor-made program offers a fully customizable experience to suit the school’s needs. It can include a motivational speech for the entire school or a special event, with an added emphasis on sport activities alongside the art components.



# PROGRAM OFFER

## Olympic-themed art classes

are designed to accommodate the school's schedule. The program includes sharing the journey to the Olympics and exploring selected Olympic themes with each group of students, all in alignment with the Olympic Values Education Program.

## Educational Sports Program

offers athletic-based classes with an emphasis on proper running, sprinting, coordination, and jumping techniques. With a holistic approach, the program gives valuable insights into warm-up routines, stretching, cold showers, sleep, nutrition, and overall well-being topics.



## Inspirational Speech and Q&A

about the path to becoming an elite athlete and pursuing personal dreams. Schools can choose which student group would benefit most from this speech; it is especially valuable for students nearing the end of their education as they consider their future paths.

## Art Exhibition and Contest

that connects sport and art, with the artworks showcased in a school-wide exhibition. Students express their creativity through sport-inspired pieces, using sports tools like tennis balls and badminton shuttles for experimental painting activities.

## PROGRAM FEE

The one-day event starts at 750 CHF, with the final fee depending on the number of students and classes covered. This fee includes preparation and materials for the program. In some cases, additional travel and accommodation costs may apply and will be discussed directly with the school.

## SLAVEN DIZDAREVIC OLY



Originally from Sarajevo, I grew up in the Olympic Village after the 1984 Winter Games. At ten, I moved to Slovakia, where half of my family comes from. I made history in 2008 as the first Slovak decathlete to compete in the Beijing Olympics.

What fascinates me most about art is that there's no rule for who's the best—it's all about how it makes you feel. I experience it as a mix of obsession and discipline from striving to be the best, which gets completely lost in the process and transformed into art.

After completing postgraduate studies in sports management in Switzerland, I debuted my first art exhibition in Lausanne in 2019, followed by the "Painted by" project at the 2020 Winter Youth Olympic Games and the Olympic Agora project in Tokyo, where I showcased six paintings, blending my athletic and artistic passions.



### Projects and Exhibitions

- 2024 *Road to Paris*, school project connecting sport and art
- 2022 *Artist in residence* for hospital project, UK
- 2021 *Olympic Agora*, Japan
- 2020 *Youth Olympic Games*, Switzerland
- 2019 *Triathlon* exhibiton, Switzerland

*Slaven*