

FREE TO RUN

TEMPORARY EXHIBITION

EXHIBITION MAP FOR TEACHERS

This temporary exhibition tells the story of how long-distance running has been a vehicle for social and cultural change.

Using the stories of incredible marathon athletes, it explores how over the last 60 years, this sport, which was once reserved for champion athletes, has become accessible to all.

Recommended age for the visit: 10 years-old and up

Two Suggested Courses

ORANGE
Sprint
(15 min.)
3 stations
(A, B, C)

Recommended for students 10 years-old and up.

BLUE
Marathon
(20-35 min.)
12 stations
(A, B, C + 1-8)

Recommended from 12 years-old and up.



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A. Immersive film "Born to Run"

3'45" - The whole group

Humans are made to run for a long time. We forgot it, but then rediscovered it.

1. Film "Abebe Bikila"

4'44" - Approx. 4 people

Abebe Bikila, the champion who ran barefoot.

2. Film "Emil Zatopek"

5'35" - Approx. 4 people

A great athlete, but also a great man.

3. Silent film "A Patriarchal Society"

1'16" - The whole group

Activity: Discussion

Women in a patriarchal society.

4. Film "Bobbi Gibb"

3'51" - Approx. 4 people

The first woman to finish the Boston Marathon. Reserved for men only, she secretly took part in the race.

B. Film "Revolution"

4'36" - The whole group

How running freely becomes a right for everyone in the 1960s and 1970s.

5. Film "Los Angeles 1984"

4'57" - Approx. 4 people

The first women's marathon at the Olympic Games, 88 years after the men's event began.

6. Film "Paula Radcliffe"

5'26" - Approx. 4 people

The one who reduced the gap between men's and women's performances the most.

7. The Wall of Records

Whole group

Activity: Observe the graphic and explore how the gap between men's and women's records has steadily narrowed over time.

8a. Object: Two running shoes to compare

Activity: Observe and guess which one allows you to run faster.

8b. Film "Eliud Kipchoge"

4'31" - Approx. 4 people

The story of the greatest marathon runner in the world.

C. Interactive Game

For one person at a time

Activity: Run and compete against the best marathoner in the world.

