YOG is more than about winning medals

THE YOUTH Olympic Games (YOG) is not just about winning medals.

Rather, as the YOG official website puts it, the inaugural Games is an event “balancing sport, culture and education”.

To achieve that aim, the YOG organising committee has incorporated a Culture and Education Programme (CEP) which aims for the athletes to embrace, embody and express the Olympic values of excellence, friendship and respect.

Set in seven formats, the CEP comprises over 50 fun and interactive activities which aim to engage and inspire athletes to be true Olympians, to adapt and live by the Olympic Values of Excellence, Friendship and Respect, and to play active roles within their communities.

■ CHAT WITH CHAMPIONS

ATHLETES have the rare opportunity of getting up-close-and-personal with Olympians and world-beaters and be inspired by their stories about the Olympic values of excellence, friendship and respect.

Olympic sprinters Veronica Campbell-Brown and Asafa Powell visited the YOG Learning Centre last December. The Jamaican duo gave the thumbs-up to the CEP.

“I believe the YOG will be a great experience for youth. I have been to World Youth and World Junior Championships, but I have never seen anything like what you have in Singapore,” said Campbell-Brown, a two-time Olympic champion in the 200m.

“Singapore has two ingredients to make the YOG stand out and that is education and culture. Personally, I am really excited about the programmes.”

■ DISCOVERY ACTIVITY

ATHLETES competing in the YOG in Singapore in August will be able to join in a series of fun and interactive workshops as part of the CEP.

Discovery Activity is one of the seven CEP formats that will be featured during the Games.

The Singapore Youth Olympic Games Organising Committee (SYOGOC) is partnering Republic Polytechnic which will design and conduct the workshops which focus on the CEP themes of skills development, well-being and healthy lifestyle.

Four workshops will be conducted at the Youth Olympic Village in Nanyang Technological University from 15 to 25 Aug. The workshops will be conducted in a games-styled format, which includes a life-size board game and a food-selection activity.