

INTERNATIONAL
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COMMITTEE

Shotlist and translation

The International Olympic Committee (IOC) OFFERS THE FOLLOWING VIDEO NEWS RELEASE TO ALL NEWS AGENCIES, BROADCASTERS AND ALL ONLINE PLATFORMS FREE OF CHARGE.

Story Headline: Democratic Republic of the Congo refugee duo selected for Refugee Olympic Team at Olympic Games Rio 2016

Date: 3 June 2016

Place: Rio de Janeiro, Brazil

SHOT LOG & transcripts of sound bytes:

Shot of Popole Misenga getting ready for training.

Shot of Yolande Mabika getting ready for training.

Shot of Popole Misenga looking into a mirror before training.

Close up of Yolande Mabika getting ready for training.

Shot of Popole Misenga stood on the outside of the Tatame (mat) tightening his Obi (belt).

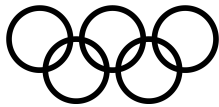
Shot of Yolande Mabika stood on the outside of the Tatame (mat) tightening her Obi (belt).

Shot of Yolande Mabika ready to train.

SOUND BITE Yolande Mabika, Democratic Republic of the Congo refugee athlete (Brazilian Portuguese language):

Question: If you could get a message to your family back home what would it be?

English translation: "My message to them would be not to give up on hope and to keep believing, to have faith in their hearts. We went through a lot of suffering in Congo, and this is still the case nowadays. This is the case of all the refugees around the world, who are suffering from their family losses, from the wars, the killings."



Shot of Yolande Mabika having a contest during training.

SOUND BITE Yolande Mabika, Democratic Republic of the Congo refugee athlete (Brazilian Portuguese language):

Question: How do you feel about the term 'refugee'?

English translation: "The way people treat you as a refugee, it seems you don't have the right to improve your life, the refugee (label) sticks to you. This word upsets me and hurts my heart and my head. I'm here to forget about the refugee time, not to be remembered of it, so when people call me a refugee it annoys me. It is calling me something that belongs to the past now, that happened years ago. So it's bad when they call me that (nowadays)."

Shot of Popole Misenga during a contest in training.

Shot of Popole Misenga during a contest filmed from a point of view camera.

Shot of Popole Misenga during a contest in training shot from the ground.

Shot of Popole Misenga during a Tach-rei (standing bow) after training.

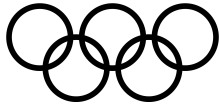
SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

"In the beginning, when Popole arrived here at the Reação Institute during training he showed a poorly controlled aggressiveness."

Wide shot of Popole Misenga during a Tach-rei (standing bow) after training.

SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

"So that was creating a hostile environment between my athletes and him. So I was obliged, once I found out about their story, to have a meeting/ reunion with my athletes and tell them the why. They understand and that hostility ended."



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Shot of Yolande Mabika during a Tach-rei (standing bow) after training.

Shot of Popole Misenga and Yolande Mabika leaving training.

Shot of Yolande Mabika and Popole Misenga in class at University.

Close up shot of Yolande Mabika and Popole Misenga in class at University.

Close up shot of Popole Misenga in class at University.

Shot of Popole Misenga getting onto a bus.

Shot of Popole Misenga sat on the bus.

Shot looking out of the bus window in Rio.

Shot looking out the back of the bus during the journey.

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

Question: How does it feel to be an Olympic athlete?

English translation: "But when I think that I am now an Olympic athlete, it feels really strange. It's real, it's not a...it's not a dream, but the truth, the reality. I am an Olympic athlete. But I was very lucky to be selected by the Olympic Committee. There are lots of athletes and many refugees."

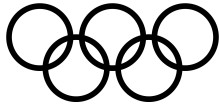
Shot of Popole Misenga walking down the street with his training bag.

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (Portuguese language):

Question: What inspires you to keep going?

English translation:

"When I'm training and I'm tired, I think in my son's life. I think of my life, my family. To meet my family I have to fight well...to take this opportunity that the Olympics gave me. Then I could bring my brother to stay next to me. To find a place to live. I'm going to fight for my home...I'm going to fight for my



home.”

Wide shot of Popole Misenga walking down the street.

Shot from the front of Popole Misenga walking down the street,

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

Question: What memories do you have from life in the DR Congo?

English translation: “I don't have any happy memories. My only memories...I lived...I lived really horrible things. Really horrible. I was sleeping on the road, I slept in a house where I did not know anyone.”

Shot of Popole Misenga with his children.

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

Question: Why is a Refugee Olympic Team a good idea?

English translation: The Olympic Games present the refugees as people who have a right to live and to build their lives too. Because if you know that you are good...if you know...you can't let people think that just because they are refugees, they have to stop doing what they do because they are refugees. Even though they are refugees, they need to carry on practising their sports, they need to carry on boxing, they need to carry on running marathons or practising karate.

End

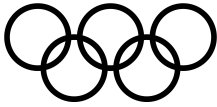
EXTRA VIDEO CLIP

TITLE: Yolande & Popole's Coach Geraldo Bernardes extra sound bites
(Portuguese Language)

DURATION: 3.21

SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

“O Popole teve uma grande mudança no seu comportamento: Primeiro começou a sociabilizar-se mais com os nossos atletas, a conhecer nossos



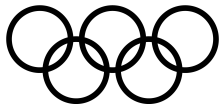
atletas melhor, ai ele entendeu que nossos atletas estavam aqui para ajudar-lo. A ajuda que ele recebeu do Instituto Reação também fez com que ele entendesse que nós estávamos aqui para ajudar-lo. Quando ele chegou aqui ele não tinha “judo gear”. Nós demos para ele. Nós começamos a pagar também a passagem dele para vir para treinar; demos uma cesta básica para ele , justamente porque ele não tinha uma alimentação que era adequada; Então isto tudo fez que ele entendesse que estamos aqui para ajudar-lo, que ele estava num lugar aonde so tinha amigos. Então esse aqui foi habilitando, ele foi entendendo melhor, ele foi cada vez se integrando mais aos treinamentos e amizar nossos atletas. Hoje ele já sorri, e quando uns dos nosos atletas conta piada ele já entende e ele já ri.”

TRANSLATION: *“Popole had a big change in behaviour. Firstly, he started to socialise more with our athletes, getting to know our athletes better, and starting to understand that our athletes were here to help him. The help he received from Reação Institute made him understand that we were here to help him. When he arrived here he had no Judo gear and we gave him some. We also started to pay for his travelling so he could come train. We also gave him a basic basket, because he also had a diet/alimentation that was not adequate. All this helped him understand that we were here to help him, and that he was in a place where he had only friends. So that was smoothing/easing. He was understanding better, also integrating more to the training and to the friendships with the athletes. Today he smiles, also if one of our athletes tells a joke he gets it now and laughs.”*

SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

QUESTION: How has Popole developed as an athlete since training with you?

“Então ele cada vez melhora mais, ele no meio dos atletas com quem ele treina, tem vários atletas que estão na seleção brasileira, que vão disputar a Olimpíada, ele já teve ai várias vezes em concentrações, passando alguns períodos com os atletas do Brasil. Então ele teve uma melhoria muito grande, muito acentuada na parte física e técnica dele. A outra coisa era o apoio duma equipe multi-disciplinar que ele está tendo: preparo físico, nutricionista, fisioterapeuta, psicólogo, então ele está tendo todo este embasamento para que cada vez ele melhore mais.”



TRANSLATION: So he is improving every time. Various athletes he is training with are in the Brazilian team and are going to compete in the Olympic Games. Also he already had a few meetings, spending some periods/time with the Brazilian athletes. So he had a great improvement in his technical and physical part. Another thing is the support of a very disciplined team that he is having. Personal trainer, nutritionist, physiotherapist and psychologist. So he is having all this support to make him improve more each time.

SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

QUESTION: How are you preparing Popole for the games?

“Então você treinar em lugares diferentes ou tecnicamente superiores, isso só te dá um upgrade na sua performance. Então eu acho que ele tem toda condição de participar numa Olimpíada sim. Agora medalha: todo técnico que está treinando um atleta, se disser que este atleta não vai ganhar uma medalha, ele não deve ser técnico! Eu na minha cabeça, eu tenho que fazer com que ele pense que vai ganhar a medalha, e ele tem que ganhar a medalha.”

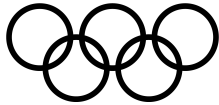
TRANSLATION: *“Training in different places and with superior techniques will give you an upgrade in your performance. So I think that he has all the conditions to participate in the Olympic Games, now a medal...any coach that is training an athlete and says that the athlete is not going to win a medal, they shouldn’t be a coach. In my head I have to make him think that he is going to win a medal, and he has to win a medal.”*

SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

QUESTION: Is Popole good enough to win an Olympic medal?

“Então eu acho que ele tem toda condição de chegar ali, participar e ganhar uma medalha. Ele está treinado, ele depende muito dos seus adversários, quanto estão treinados também, e do dia, que pode ser o dia dele, um dia favorável. Um campeão ele tem que ter, além do treinamento, a sorte. E se ele tiver com a sorte ao seu lado neste dia, então ele pode ganhar a medalha.”

TRANSLATION: *“So I think that he has all the conditions to arrive there, participate and to win a medal, also he has trained. Also it will depend on your adversaries, and how well they’re trained too. And the day, that can be*



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his day, the favourable day. The champion is the one that not only had the training but also the luck. If that day luck is by his side, he can win the medal.”

SOUND BITE Geraldo Bernardes, Coach of Democratic Republic of the Congo refugee athletes (Brazilian Portuguese language):

QUESTION: Is Yolande good enough to win an Olympic medal?

“Ela também tem toda a condição de chegar alí, fazer boas lutas, e pode chegar a uma medalha, entedeu. Vai depender sempre do momento dela, de como ela vai se enfrentar, quais serão as adversarias dela no sorteio. Isto tudo depende. São várias variáveis. Então eu acho que ela está treinando também da mesma maneira que Popole, eu acho que ela pode chegar e brigar por uma medalha. Espero isso, que o treinamento que ela está fazendo aqui tenha servido para que ela chegue lá e dê conta do recado. Realmente, vai lá e compita bem.”

TRANSLATION: “*She also has all the conditions to arrive there and have good fights, and can secure a medal. It’s always going to depend on her moment, how she is going to face it and who is going to be her adversaries. All that will depend on a lot of variables. So I think that...she is training the same way as Popole, so I think that she can arrive and fight for a medal. I hope for that. That the training she is doing here has served/helped for her to arrive there and takes care of the situation. That she really goes there and competes well.*”

EXTRA VIDEO CLIP

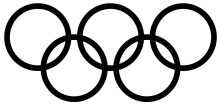
TITLE: Popole Misenga extra sound bites (French Language)

DURATION: 3.22

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

QUESTION: What happened on the day life changed for you in the Congo?

“Moi je suis Popole Misenga, Popole Misenga Je viens du Bukavu. La-bas au Bukavu, à l'est du Congo. Je me suis déplacé de la bas au Bukavu porque il y avait de la confusion; rebelles du Rwanda, du Burundi, d'Ouganda. Beaucoup de morts la bas, beaucoup de confusion, guerre, Je suis, je suis... Comment... Je suis deplacé dans la forêt, huit jours, huit jours seul dans la forêt. Seul... J’avais pas une famille là-bas



Je me suis déplacé seul là-bas dans la forêt Ala forêt, j'étais seul là-bas.

TRANSLATION: "I am Popole Misenga, Popole Misenga. I come from the Bukavu region, which is located in the eastern part of Congo. I left the Bukavu region because there were lots of... There was lots of confusion with the rebels from Rwanda, from Burundi, from Uganda. There were lots of killings, lots of confusion, lots of conflicts going on. I have, I have... Well... I fled through the forest, during eight days, eight days alone in the forest. Alone... I did not have... I did not have any family with me. I fled on my own, over there, through the forest... I was in the forest on my own."

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

QUESTION: What do you remember from that time as a young child?

"Ce jour-là, la guerre a commencé à 8h, 8h du matin. A 8h du matin je me suis déplacé (échappé). Je courais vers une maison que je ne connaissais pas, deux jours dans cette maison-là. Deux jours. Le troisième jour nous tous (réfugiés) dans cette maison, on nous a fait aller dans la forêt."

TRANSLATION: "*On that particular day, the war began at 8, at 8 in the morning. I started to flee at 8 in the morning. I found refuge in a house where I did not know anyone and I stayed 2 days in that house. Two days and on the 3rd day, all the people that were hidden in that house and me, we were sent into the forest.*"

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

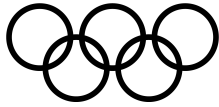
QUESTION: Where did you find refuge in those early days?

"Il y avait beaucoup d'enfants perdus, de la rue, nous étions tous ensemble Dans ces terres, les personnes étaient toutes en route, cherchant à manger, cherchant que faire .."

TRANSLATION: "*There were a lot of lost children, a lot of kids living on the streets, lots lost kids and we were together. In those places, all the people had to go around to look for food and they had to decide what to do.*"

SOUND BITE Popole Misenga, Democratic Republic of the Congo refugee athlete (French language):

QUESTION: Were there other lost children with you?



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“Ces moments n'étaient pas bons car le rêve de tout enfant, le rêve de tout enfant... Le droit de tout enfant est d'avoir une bonne vie, une vraie vie, proche de ses parents, de sa famille.”

TRANSLATION: “*Those moments were unpleasant because the dream of any child, the dream of any child.. Any child has a right to live a good life, a real life, to be close to their parents, close to their family.*”

EXTRA VIDEO CLIP

TITLE: Yolande Mabika, extra soundbites (Portuguese Language)

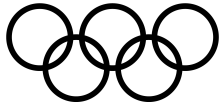
DURATION: 3.21

SOUND BITE Yolande Mabika, Democratic Republic of the Congo refugee athlete (Brazilian Portuguese language):

QUESTION: How has your life changed recently?

“O dinheiro do Comitê Olímpico melhorou minha vida aqui no Brasil. Sofri muito. Eles me deram dinheiro para minha preparação. E para eu ficar um pouco feliz, mais feliz. Eu sai da casa dos amigos a onde ficava. Agora estou alugando minha casa sozinha. Eu estou pagando. O dinheiro lá me ajudou. Semana passada durante a preparação da equipe brasileira, pagaram o hotel, toda a comida. Este dinheiro esta me ajudando na preparação para ficar sem estresse na cabeça. Tenho minha casa, todo mês posso pagar o dinheiro da casa (aluguel). Tudo isto me faz feliz também para esquecer um pouco das coisas na cabeça.. Atleta não pode ficar com uma coisa na cabeça porque vai ficando estressado. Tudo que você está pensando para fazer você não vai conseguir. Se a cabeça ficar fria, gelada, tudo vai passar bem.”

TRANSLATION: “Yes, the money from the Olympic Committee helped me improving my life in Brazil. I suffered a lot (in my life). Now I have this money to help me prepare (for the competition) And also to (help me) feel better (in general) because I can now afford my own home and don't need to stay in my friends' house anymore. Last week, during the test/preparation events of the Brazilian Team all my food was paid for, my hotel too. This money helps me to prepare myself better because it takes the stress out of my head. For example now every month I don't have to worry about paying the rent/can afford to pay for the rent of my flat. Just the fact that it takes this worry off my head makes me happy. An athlete cannot



have this type of worries, because otherwise stress takes over, and if you start letting it interfere/ thinking of all the things you need to do (instead of concentrating on judo), you won't succeed (as an athlete). The mind needs to stay free and you need to keep a cool head for things to go well (to succeed).

SOUND BITE Yolande Mabika, Democratic Republic of the Congo refugee athlete (Brazilian Portuguese language):

QUESTION: How does living in Rio compare to living in the Congo?

“Eu já via muita arma na Africa e as pessoas morrerem na Africa durante anos. Fugi da guerra e chego aqui, mesma coisa... Você quer sair um pouco de casa para relaxar a cabeça, e quando voltar tem polícia e traficantes e você não pode voltar para casa, tem que esperar tudo acabar primeiro. Mas graças a Deus eu tenho a minha própria casa, e não é numa favela, fica longe da favela. Mas graças a Deus eu tenho a minha própria casa, e não é numa favela, fica longe da favela. Graças a Deus. As outras pessoas estão morrendo de bala perdida. Quando tem muitos tiros, as balas chegam em casa e matam gente. Fico com medo. Mas agora fico feliz porque o Comitê Olímpico me ajudou muito para ficar longe da favela.”

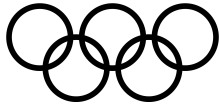
TRANSLATION: “For me weapons remind me of the past in Africa when I experienced many people dying from them. I fled from this and the war, but when I got here it was the same thing. Sometimes I went out to do things, to relax but I couldn't go back home because the police were fighting the drug traffickers and I had to wait until they were done. Thankfully the place where I live now is not a favela (like that), and I feel better. I don't have to worry about being caught in the crossfire of some stray bullets killing people in their own homes. It was scary. In this respect the Olympic money helped me a lot, I'm happy that I can now live far away from a violent favela.”

SOUND BITE Yolande Mabika, Democratic Republic of the Congo refugee athlete (Brazilian Portuguese language):

QUESTION: Do you believe that one day you will see your family again?

“falar para Deus ajudar para ver a família novamente. Mesmo se uma, duas pessoas morrerem...mais ainda não morreram todos. Mesmo se só vier uma (pessoa), eu ficarei esperando e feliz.”

TRANSLATION: “You have to believe that God will make you see your family again. Even if some members of my family might die, but I have faith that at least some will survive, and even if only one person of my family



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makes it, it is always worth hoping and believing, and it is enough to make me happy.”

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