STORY HEADLINE: Dutch-based Iranian Taekwondo athlete Dina Langeroudi selected for the IOC Refugee Olympic Team to compete in Tokyo 2020

DATE: 8 June 2021
LOCATION: The Hague, Netherlands
COUNTRY OF ORIGIN: Iran
LANGUAGE: Flemish
Broadcast quality footage available at the IOC Newsroom: http://iocnewsroom.com

STORY SCRIPT:
Taekwondo athlete Dina Pouryounes Langeroudi, an Iranian refugee based in the Netherlands, has secured her place in the IOC Refugee Olympic Team Tokyo 2020.

Having fled Iran in 2015, Langeroudi is one of 56 refugee athletes currently supported by the IOC through the Olympic Solidarity Scholarship for Refugee Athletes programme.

“The Refugee Olympic Team is awesome,” says Dina. “The world will see that politics and sport exist separately from each other”. Now living in The Hague, the 27 year old fighter says: “Sport gives me peace and confidence.”

Dina has won multiple medals at Open International Taekwondo tournaments since 2008. Her medals include gold at the Dutch Open in 2019 in the -49kg weight.

Olympic selection is a reward for her tough training schedule: “Twice per day, two hours in the morning and two hours in the evening.” Now she will compete against the world’s elite in Tokyo.

The 29-member IOC Refugee Olympic team (EOR)* initiative at the Olympic Games Tokyo 2020 is a continuation of the IOC’s commitment to play its part in addressing the global refugee crisis, and another opportunity to continue to convey the message of solidarity and hope to millions of refugees and internally displaced people around the world.

*The IOC Refugee Olympic Team will compete in Tokyo under the French acronym EOR which stands for Équipe Olympique des Réfugiés.

SHOTLIST:
00:02 Dina warms up, doing hip circles.
00:07 Dina stretches, leaning forward with arms behind

00:13 SOUNDITE: Dina Pouryounes Langeroudi, IOC Refugee Olympic Team (EOR), Tokyo 2020, Taekwondo (Flemish Language).
Q. Who are your heroes?
“I don’t have one hero, I try to learn from as many successful athletes as possible.”
00:24 Dina leans forward and stretches legs

00:28 SOUNDBYTE: Dina Pouryounes Langeroudi, IOC Refugee Olympic Team (EOR), Tokyo 2020, Taekwondo (Flemish Language).
Q. Why is it important to have a refugee team at the Olympics?
“That would be awesome, then the world would see that politics and sports exist separately from each other.”

00:41 Dina walks over to coach and practises kicks; camera tracks Dina
00:49 Dina practises kicks; filmed from behind coach
00:54 Dina fights with coach; Dina and coach come in and out of frame

01:01 SOUNDBYTE: Dina Pouryounes Langeroudi, IOC Refugee Olympic Team (EOR), Tokyo 2020, Taekwondo (Flemish Language).
Q. How do you train, how often, where?
“I train very hard, I train two times per day, 2 hours in the morning and 2 hours in the evening.”

01:12 Coach holds target pad; Dina comes into frame and kicks pad; camera tracks as Dina and coach fight

01:25 SOUNDBYTE: Dina Pouryounes Langeroudi, IOC Refugee Olympic Team (EOR), Tokyo 2020, Taekwondo (Flemish Language).
Q. What did you do to get to this point, to become so good at Taekwondo? What did you do to get so far?
“Effort, dedication, work extremely hard, more physically than mentally.”

01:36 Dina comes into frame and kicks pad; camera tracks as Dina and coach fight, ending in long shot

01:45 SOUNDBYTE: Dina Pouryounes Langeroudi, IOC Refugee Olympic Team (EOR), Tokyo 2020, Taekwondo (Flemish Language).
Q. How do you think sport can help refugees?
“Sport makes you forget your problems, it makes you strong, it takes care of your mental as well as your physical health.”

02:04 Dina kicking a pad held by her coach

02:17 SOUNDBYTE: Dina Pouryounes Langeroudi, IOC Refugee Olympic Team (EOR), Tokyo 2020, Taekwondo (Flemish Language).
Q. What is your message to other refugees?
“I hope they are motivated to try to reach their goals and become successful.”

02:31 Dina gives multiple kicks to the pad held by her coach and the training session ends.
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