1500m runner Paulo Amotun Lokoro once herded cattle on the Sudanese plains. Now he will get to compete in his second consecutive Olympic Games for the IOC Refugee Olympic Team.

“I didn’t wish to become a refugee,” says Paulo. But I had to flee South Sudan because of the war. I found myself in Kenya, at the Kakuma refugee camp. It was then I realised I had a gift for running.”

Paulo’s big break came when he entered an athletics competition at the camp. “It was just one week to the event, so I thought I’ll quit football for a bit and do some training for the race. At the finish line I discovered that I’d won. It was then I realised I might do better at athletics.”

He competed with distinction for the IOC Refugee Olympic Team in the Rio 2016 in the 1,500 metres, the event that has become his speciality.

Paulo is one of 56 refugee athletes currently supported by the IOC through the Olympic Solidarity Scholarship for Refugee Athlete Programme and is proud of the message he is sending to the world:

“People sometimes say there are too many refugees around the world. We want to show the world that refugees are people too. That they can do anything that’s possible. We need the refugee team to inspire a whole new generation.”

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 athletes around the world.

*The IOC Refugee Olympic Team will compete in Tokyo under the French acronym EOR which stands for Equipe Olympique des Réfugiés.
00:22 SOUNDBYTE: Paulo Amotun Lokoro, IOC Refugee Olympic Team (EOR), Tokyo 2020, Athletics (1500m) (English Language).
Q. How did you become a refugee?
‘For me to be a refugee, it wasn’t my wish. So I fled away from South Sudan, because of the war. So, then I found myself in Kenya, Kakuma refugee camp. Then after that I realised that I can do some running.’

00:48 Paulo jogging with fellow athletes

00:56 SOUNDBYTE: Paulo Amotun Lokoro, IOC Refugee Olympic Team (EOR), Tokyo 2020, Athletics (1500m) (English Language).
Q. Why do you think it’s important to have a refugee team competing at the Olympics?
“There is a combination of too many refugees around the world, and also they want to show that the refugee they are, they are people, that they can do anything which is impossible. They need the refugee team also to inspire other young generation.”

01:23 Paulo and training partners jogging

01:31 SOUNDBYTE: Paulo Amotun Lokoro, IOC Refugee Olympic Team (EOR), Tokyo 2020, Athletics (1500m) (English Language).
Q. How hard have you had to work to become an Olympic athlete?
‘When you don’t have the discipline, they say when you are disciplined… and also you are doing better in the training, they are the kind of people who can not go anywhere. When you are humble, and respect yourself and respect people, big people and respect their coach, so you can achieve something from it.’

01:56 Shot of Paulo stretching

02:02 SOUNDBYTE: Paulo Amotun Lokoro, IOC Refugee Olympic Team (EOR), Tokyo 2020, Athletics (1500m) (English Language).
Q. What is the secret to improving in your sport?
‘It is normal with Athletics that you have to feel free. To feel free it means that you have to have peace in your mind, no disturbance. And also, it needs heart. When you have that heart, that you love people, you can achieve something.’

02:28 Paulo coaches a group of children.

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