

Dear Athletes!

It is a great pleasure for me to welcome you at *The World Games 2005* in Duisburg. This wonderful event unites 3,500 athletes from 100 countries for a fair and peaceful competition. At *The World Games 2005* all of you will demonstrate that sport can help build a culture of peace and tolerance by bringing people together on common ground, across national, racial, religious, cultural and social boundaries to promote understanding, tolerance and mutual respect.

The fundamental principles of sport – respect for opponents and for rules, teamwork and fairplay – are consistent with the United Nations Charter. The year 2005 was proclaimed the *International Year of Sport and Physical Education (IYSPE 2005)* by the UN-General Assembly in order to highlight these common principles and to demonstrate the amazing value of sport for education, health, development and peace.

Sport is an ideal school of life because sport teaches us the essential lessons such as respect for the opponent, for the rules and for the referee. Sport teaches us that victory is ephemeral and how

to overcome defeat with dignity and to manage the euphoria of victory. It teaches us to integrate into a team and that to reach success, it takes regular and often hard training. International sports events provide us with examples for the positive power of sport, which reaches far beyond the athletic arena, the track or the stadium.

In this spirit of the *IYSPE 2005* I wish you all an enriching competition and may the best in each discipline win!



Adolf Ogi

*Special Adviser to the UN Secretary-General on Sport for Development and Peace
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IYSPE 2005



International Year
of Sport and
Physical Education

In November 2003 the General Assembly of the United Nations (UN) adopted the resolution 58/5 entitled "*Sport as a means to promote Education, Health, Development and Peace*", where it recognized the power of sport to contribute to human and healthy childhood development, and proclaimed the year 2005 as the International Year of Sport and Physical Education (IYSPE).

Officially launched by UN Secretary-General Kofi Annan, Special Adviser to the UN Secretary-General on Sport for Development and Peace Adolf Ogi and two top athletes, Roger Federer (SUI, tennis) and Margaret Okayo (KEN, marathon), the IYSPE 2005 strives to achieve "*a better understanding of the value of sport and physical education for human development and a more systematic use of sport in development programs.*"

The Power of Sport

Sport and physical education play an important role at the individual, community, national and global levels. For the individual, sport enhances one's personal abilities, general health and self-knowledge. On the national level, sport and physical education contribute to economic and social growth, improve public health, and bring different communities together. On the global level, if used consistently, sport and physical education can have a lasting positive impact on development, public health, peace and the environment.

Sport and Health

Sport and physical activity are crucial for healthy living. Sport and play improve health and well-being, extend life expectancy and reduce the likelihood of several non-communicable diseases including heart disease. Regular physical activity and play are essential for physical, mental, psychological and social development.

Sport plays a major positive role in one's emotional health, and allows to build valuable social connections, often offering opportunities for play and self-expression.

Sport and Peace

Sport, as a universal language, can be a powerful vehicle to promote peace, tolerance and understanding. Through its power to bring people together across boundaries, cultures and religions, it can promote tolerance and reconciliation. Sport has helped reinitiate dialogue when all other channels were blocked. North and South Korea have merged their athletes into a common team for the recent Olympic Games; table tennis set the stage for the resumption of diplomatic ties between China and the USA in 1971; and today, Israeli and Palestinian children regularly come together to play soccer or basketball.

Sport and Development

Sport is a catalyst for economic development. Individually, each of the various sectors of the sports economy can create activity, jobs and wealth. When several are combined together into a single strategy, it is possible to achieve additional economic gains because of the synergies that result.

Sport and The Millennium Development Goals

Sport and physical education can contribute to the achievement of global development plans such as the UN Millennium Development Goals (MDGs), which the 191 UN member nations have pledged to meet by 2015.

Goal 1: Eradicate extreme poverty and hunger

Sport, by providing development opportunities, can help fight poverty. The sports industry and the organization of large sports events create opportunities for employment. Sport provides life skills essential for a productive life in society.

Goal 2: Achieve universal primary education

Sport and physical education are essential elements of quality education. They promote positive values and skills which have a quick but lasting impact on young people. Sports activities and physical education generally make school more attractive and improve attendance.



Goal 3: Promote gender equality and empower women

Increasing access for women and girls to physical education and sport helps them build confidence and a stronger social integration. Involving girls into sport activities alongside with boys can help overcome prejudice that often contribute to social vulnerability of women and girls in a given society.

Goals 4 & 5: Reduce child mortality and improve maternal health

Sport can be an effective means to provide women with a healthy lifestyle as well as to convey important messages as these goals are often related to the empowerment of women and their access to education.

Goal 6: Combat HIV/AIDS, malaria and other diseases

Sport can help reach out to otherwise difficult to reach populations and provide positive role models delivering prevention messages. Sport,

through its inclusiveness and mostly informal structure, can effectively assist in overcoming prejudice, stigma and discrimination by favoring improved social integration.

Goal 7: Ensure environmental sustainability

Sport is ideal to raise awareness about the need to preserve the environment. The interdependency between the regular practice of outdoor sports and the protection of the environment are obvious for all to realize.

Goal 8: Develop a global partnership for development
Sport offers endless opportunities for innovative partnerships for development and can be used as a tool to build and foster partnerships between developed and developing nations to work towards achieving the MDGs. Goal 8 acknowledges that in order for poor countries to achieve the first 7 goals, it is absolutely critical that rich countries deliver on their end of the bargain - with more and more effective aid, sustainable debt relief and fairer trade rules for poor countries – well in advance of 2015.

IYSPE and 2005 Duisburg

Reading though such a concept outline is one thing – acting is another! That the athletes of The World Games are assigned an important role in the pursuit of IYSPE objectives is mentioned elsewhere on these pages. But the 2005 Duisburg organizers and the International World Games Association, too, have sought to embark on IYSPE projects that revolve around the games' 30+ sports. The goal is to produce and facilitate unquestionable long-term benefits for many people around the globe.

World Games Fun Day

The *World Games Fun Day* seeks to acquaint young and old with the sports of The World Games by offering an opportunity for highly entertaining workouts. Altogether 50 activities make up the 'Fun Day': playful first encounters with sports ranging – alphabetically – from aikido to water ski. The exercises were developed by German sports pedagogues – under the lead of Christoph Gehrt-Butry and Joachim Gossow; on behalf of the Duisburg

Sports Council and the Organizing Committee for The World Games 2005 – for physical education classes in schools throughout North Rhine-Westphalia. For the past few weeks, *World Games Fun Days* have already taken place around Germany.

CITIUS · FORTIUS · ALTIUS For ALL! For FUN!

This innovative concept has now been declared an official IYSPE project by the United Nations Office in Switzerland. As such, *Fun Day* will be promoted worldwide through national IYSPE committees. The *Fun Day* exercises can easily be adapted to a variety of programs: from psychomotor education in kindergarten to gymnastics classes for senior citizens.



The World Games Book/DVD

An official souvenir book and DVD combo with the title, "*The World Games 2005*," will be released in October. With superb photography and authoritative information, it will not only portray the essence of the 30+ sports contested at their highest level in Duisburg, it will acquaint the young with ways to play these sports. Sport practice and play will be pitched as a contrast and an appealing remedy to sedentary lifestyles and exercise deficiencies prevalent among teenagers in many countries. One section of the book is dedicated to the *World Games Fun Day*. Forewords and declarations by political and sports leaders will reinforce the "go-out-and-try-for-yourself" message and confirm the tie-in with the IYSPE 2005. Consistent with IYSPE's foremost aims, a percentage of the combos' sales will go toward helping the disadvantaged practice sports and toward aiding countries affected by the Indian Ocean tidal wave rebuild their sports infrastructure. Find more information about "The World Games 2005" book/DVD combo on the back cover of this **FORUM!**