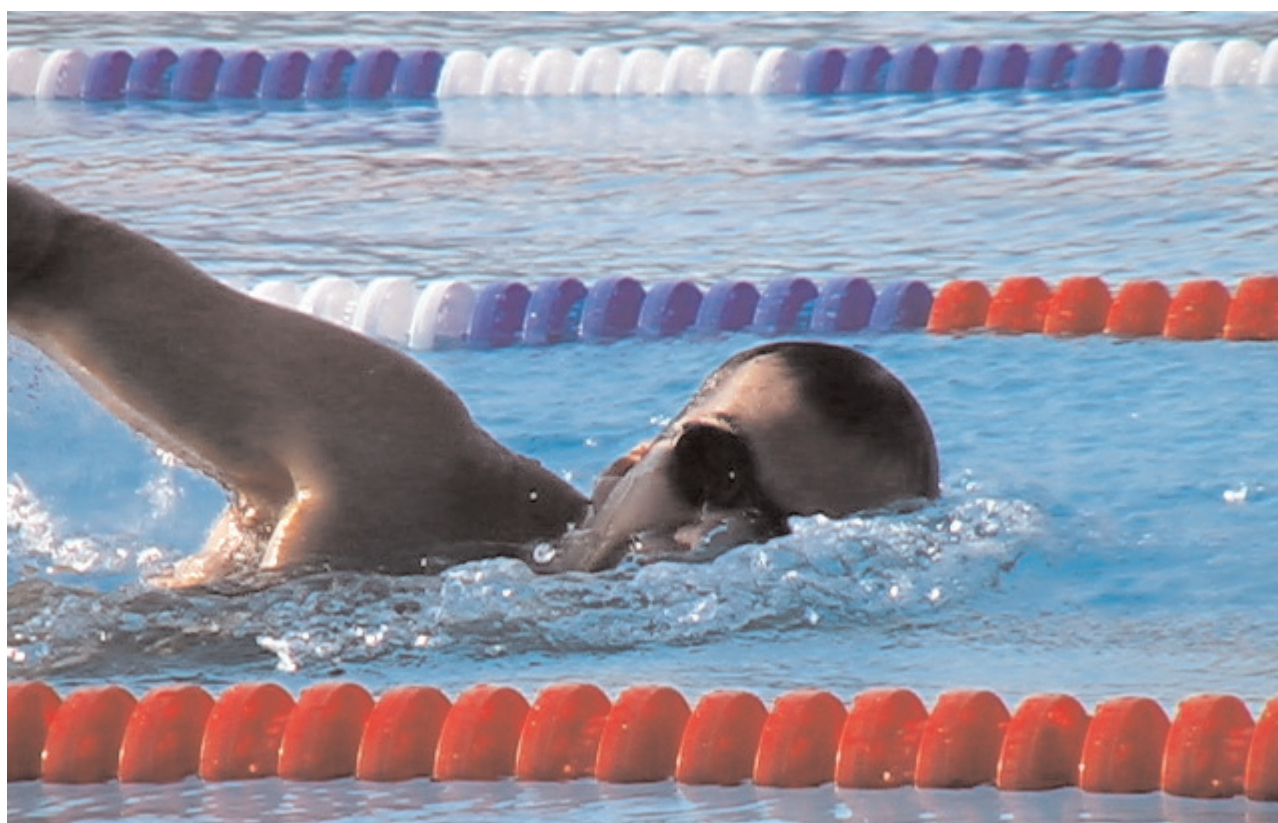




Issue No. 4
Wednesday, 4 August 2004

Leaving It All Behind

Athletes Start Preparing for the Big Days Ahead



A stroke closer to completion

- **Life**

Developments are still taking place in the Village. read all about it!

- **Features**

More global links to Greece along with the IOC message for the day

- **People**

More happy faces around the Village!

- **Photos**

Our daily photo gallery for your perusal of Village views

- **What's On**

More celebrations. Contact the Pulse staff if you have a birthday soon. Movies and more highlighted.



Life

Ariel Sganga: "The Last Samurai"

If you think that the last samurai in the world is Tom Cruise, you are in for a surprise! There is a change in roles in this real film and the protagonist is now Argentinian judoka Ariel Sganga, who is now in the Olympic Village.

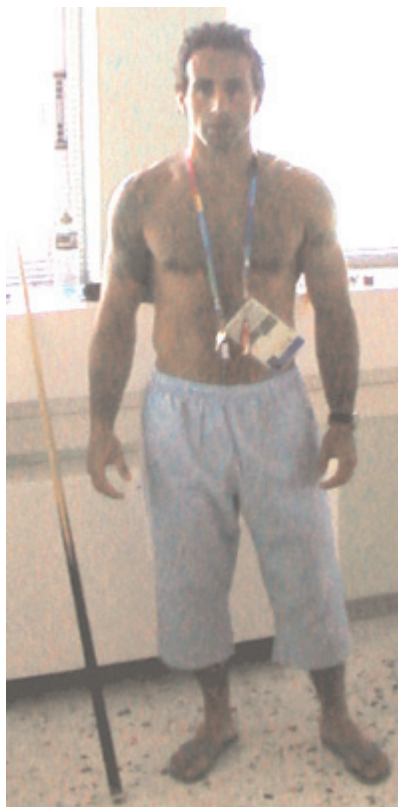
His presence fully justifies the rumours about Latinos: colourful tattoos decorate his fit body hiding a whole philosophy based on the ancient Samurai culture. The athlete himself admires the harmony that defined their lives as well the esoteric power that drove their warrior movements.

Ariel's enthusiasm for classical Japanese culture was the main reason that drove him to learn Judo. He explains that it helps him to maintain calmness in his life since it is mainly a mental sport.

Ariel began his Judo training at the tender age of six. This year he is twenty-four. Even though he has participated in several athletic events including last year's Judo world champi-

onships in Osaka, Japan, the Athens 2004 are his first Olympic Games.

For the Argentinian athlete,



Ariel Sganga
© ATHOC / Photo: H.Zahopoulou

the fact that the first Olympic Games at which he will compete are taking place in their homeland, fills him with joy and emotion. He is a lover of Greece, since, as he confided

in us, he might have Greek roots. He has the same name as a Greek friend of his, but also there may have been Greek blood in the veins of some of his ancestors, so he could well be right.

When asked which of his opponents he fears the most, he told us that he couldn't possibly know, simply because he doesn't yet know who he will be competing against. In Judo, as he informed us, there is a daily draw for which athlete is going to compete with which. This means that different athletes are under test each day. It is also the reason why this particular sport is so competitive.

Ariel Sganga, as an original Samurai is not afraid of competition; with will and determination as his weapons he is ready to compete and win. Good luck Ariel!!

Haroula Zahopoulou



Life

Slovene Smiles



Janko Dvorsak
© ATHOC / Photo: I. Kantas

If you are Greek, English, or German, and if you need somebody to say 'bonjour' to in your own language, don't fret. The Slovene delegation is living proof that language barriers are there to be broken. Carrying with them the wonderful pocket dictionaries that enable them to find terms in three languages, our Slovene friends surprise us by greeting us in our language. 'Boujour', says Janko Dvorsak, deputy Chef de Mission, adding that it is important to have a smattering of the interviewer's language, if only to break the ice.

The dictionary may be the Slovenes' tool for communicating, but it will surprise you to learn that their Chef de Mission, due in the Village on 9 August, speaks no less than twelve languages, and not just a few words here and there.

Dvorsak is lyrical about the hospitality at the Olympic Village - the spaciousness of the site, the ideal climatic conditions. So don't be surprised if you hear somebody saying hello to you in your own language. The Slovenes have opened the way, with phrases that expect in reply at least a communicative and friendly grin.

Iason Kantas



Life

12 to beat, and the clock ticking away...

Anyone would admit that it is an extraordinary experience to participate in the Olympic Games. Imagine how remarkable it must be to participate in the Olympic Games 18 times...

IOC member Gunilla Lindberg is actually in a position to tell us, given that Athens, where she came with the Swedish Delegation, marks her 18th participation in the Games.

Experience breeds comparisons, and it is inevitable that a person with ms Lindberg's experience should make comparisons between Olympic Games. For Athens, so far she is impressed with the record-participation of 202 countries, which is a striking number when set against previous Olympic Games. "One of the greatest experiences athletes can live at the Games is to be together with fellow athletes from all over the world. This is, in the end, one of the strongest memories one can keep from the Olympic Games."



Gunilla Lindberg
© ATHOC / Photo: K. Alexandropoulos

Gunilla Lindberg believes that the Olympic Movement is the world's biggest peace movement, the only occasion where 202 countries can share the same excitement and the same eagerness to win, with nothing separating them. "The Olympic Village is a place where different people and different cultures are brought together, with the Olympic spirit as their common denominator."

Of her home country, Sweden, she told us that its goal is to do even better than the 12 medals it won in Sydney. Swedish athletes and the people of Sweden look forward to these Games and have high hopes for their outcome.

Kostas Alexandropoulos
Marina Chatzikosta



Life

All that glistens at the Olympic Village is gold.

Given that very few people in the world are Olympic gold medal-holders, to meet an Olympic gold medallist is a rather rare occurrence in everyday-life. The

Olympic Village is, of course, a different story: meeting Olympic champions here is actually a common, everyday thing. In fact, one could walk, talk and sit with them without even knowing that they are medalists. It was in this kind of unceremonious manner that



Pgunilla Lindberg
© ATHOC / Photo: I.Tziriti

we bumped into two medallists today, Germany's canoeing champion Thomas Schmidt and his fellow-athlete Mandy Planert, who had arrived at the Village only a few hours earlier.

Despite winning the gold in Sydney, Thomas Schmidt is far from resting on his laurels. He is passionate about Canoe-Kayak and determined to

do his best to claim yet another medal in Athens. He is well aware of his opponents' abilities and ranks Slovaks, Czechs, French and Americans

as his strongest rivals. But he also proclaimed: "I believe in myself, which is perhaps the secret of my success."

His first impression of Greece is very good: "People here are very friendly. I would like to visit some of the islands.

We have already visited Hydra and Aigina- just for training, of course, but this excited my interest to see more of Greece after the Games."

Tziriti Ioanna



Life

Serene Strength



Divna Pesic

When beauty is matched with sports, the combination may lead to remarkable well being of body and mind. This is exemplified, as we discovered, by Divna Pesic, Shooting athlete from FYROM, who makes her Olympic debut in Athens (in 10 m air rifle and 50 m rifle three positions).

Her Track record includes two gold medals at the Balkan Championships (1999 and 2000) and quite impressive shooting performances, such as her personal record, which is 398/400.

Divna has a wide range of interests besides sports: she is a graduate of the Koneski School of Psychology in FYROM and a dedicated painter - she loves painting and extols it as a wonderfully relaxing activity. She spent two years in Dusseldorf of Germany, where she was holding her personal exhibition, as well as training in Shooting.

She confessed to us that these days she has another reason to be excited, besides participating in the Olympic Games: she is about to become... an aunt! We wish her all the best in both these events that she awaits so eagerly.

Anastasia Kostopoulou



People

Volunteer of the Day



Alexandra Evaggelou

Those who are looking for information in the Olympic Village will quickly realize that all roads lead to the Info Station - an attractively laid-out area in the International Zone.

There Lila Koufopoulou, Vasili Andrews and Yiannis Verris, the Station Supervisors, provide a daily smiling service to all residents and visitors wanting information about events and things to see in Greece.

What is the secret of their success? It is their pleasant personality and the evident anxiety to their volunteer team to be helpful.

"Today we had work to do in the basement and we were there for all of seven hours packing boxes of info materials for seventy-three NOCs", Yiannis tells us, with a gentle, tired expression. "The work is backbreaking and there have been problems, but we took it all as a challenge and did our best. Anyway it's a unique experience and very interesting".

The bulk of the job was done uncomplainingly and meticulously by Vasili, working night and day, in a damp and forgotten basement. He succeeded in taking delivery of the necessary material and putting it in order. Lila kept communications open and undertook the running and decoration of the Station, adding her own particular touches.

Alexandra, a volunteer at the Station, had the chance to see the Olympic movement at work at first hand as a volunteer, and to meet new, 'different' people.

As Vasili Andrews remarks, "Nothing gets done without sacrifices". He and Yiannis worked endless hours in that basement, confident in the knowledge that back at base Lila was keeping things in equilibrium for one more working day.



Lila Koufopoulou



Vasili Andrews



Yiannis Berris



People

Question of the Day

"What is the secret of your success?"



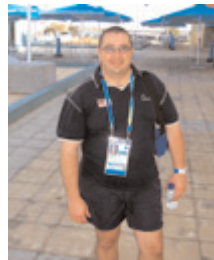
Carl Valesi
Football player
Australia

'The key to success is primarily commitment to the goal, fitness and determination, a desire to succeed and a pinch of luck'



Xrysoula Maurakaki
Volunteer
Greece

'The secret of success lies behind success itself. We will all discover it when we get there'



Ronald Fauvel
Physiotherapist of the Malaysian team

'Passion, happiness, humility...'



Orif Buharakov
Administrative Staff
Turkmenistan

'What we do is work really hard, until we drop.'



Jenny Bongardt
Canoeing athlete
German

'Experience! Like my sport, approaching waves are obstacles to overcome!'



Jesper Frigast Larsen
Chef de Mission
Denmark

'There is no secret. It is a combination of talent and hard work'



Features

IOC Message

Welcome to Kiribati and Timor Leste!

Since the Olympic Games in Sydney, two new National Olympic Committees (NOCs) have joined the Olympic Family, bringing the number of NOCs participating in Athens to 202 (a record!).

The NOCs of Kiribati (pronounced "keer-ree-bahss") and Timor Leste were recognised by the Session of the International Olympic Committee (IOC) in July 2003.

Kiribati is made up of a group of islands in the Pacific Ocean, halfway between Australia and Hawaii, with a total population of about 100,000 inhabitants.

For the athletes of Kiribati, it will be a real first! The NOC was formed in November 2002 with the help of the Oceania continental association (ONOC), before being recognised by the IOC the following year.

Three athletes (one woman and two men) are set to take part in the Olympic Games in athletics and weightlifting.

Timor Leste (formerly East Timor) is located in southeast Asia, northwest of Australia, and has a population close to one million inhabitants. Four athletes (three men and a woman) from East Timor already took part in the Sydney

Games under the Olympic flag as individual athletes (IOA). These athletes had been invited to compete in athletics, boxing and weightlifting.

This was at the beginning of 2000, when East Timor was in the midst of civil war. In addition to the commitment to these four athletes' participation in Sydney, the impact of which on the local population proved extremely positive, an assistance plan for the development of the Olympic and sports movements in this territory was set up in coordination with the United Nations transitional administration in East Timor, and in accordance with the political changes to come. At the time, East Timor was on its way to independence, which it finally acquired in May 2002. The recognition of an NOC for this territory was therefore the logical result of these joint efforts. In Athens, for the first time, the NOC delegation will march proudly at the Opening Ceremony carrying its national flag.

The whole Olympic Family welcomes these two new delegations and wishes their athletes the best of luck!



Features

Word of the Day



Πληροφορίες - Information

The need for information has given rise to various different forms of briefing. In the old days messages were sent by some pretty peculiar methods, including the famous pigeon post. Today you need not search the sky, though. Just use the Info Desks and the 'Village Pulse', where you will find all you need, whatever you're planning to do in Athens. All this, and the secrets of the Village too!

Nadia Dimitriou



Quote of the Day

"The Olympic Village is so big, that we will have to rename it: The Olympic City."

Georg Kember , Germany



Features

Country Links



A Garden of Gems

The famous ancient Greek poet Homer described the Amber Coast as a garden of golden translucent gems that decorated the Baltic shores. The region spanning Lithuania, Latvia and Estonia served as the source of all amber exports, and records indicate that the precious gem touched the shores of Greece by boat around 2000 B.C.. Homer was so entranced by this beauty that it was the only gem mentioned in the Odyssey: "The cunning rascal came to my father's home with a golden necklace strung at intervals with amber beads."

*Did you know Latvians are the most avid newspaper readers in the world, according to a recent survey. Some 96 percent of Latvians read a paper daily; the European average is 61 percent. We hope the Latvian delegation also enjoys reading their daily "Pulse"!



Never Judge a City by its Cover

The relatively new hotels, restaurants, houses, and businesses of Turkmenistan can be juxtaposed to frequent features of historical context. Nearby the city of Ashgabat lies an area of ancient significance, Nisa. Old Nisa was a region that bears the signs of the Greek King Alexander the Great. Evidence of the ancient Greek civilisation can be found in the architecture of a pentagonal citadel, or fortress resting on a Turkmen hillside.

We wish our esteemed Turkmen guests all the best in the Olympic Village and during the 2004 Olympic Games.

John Grant



Photos



Serious points as well...
© ATHOC / Photo: M.Riley



Welcome Greek Team!
© ATHOC / Photo: Ioanna Tziriti



Good luck Greek Team!
© ATHOC / PHOTO: K. Alexandropoulos



Photos



Personal Transport
© ATHOC / Photo:
P. Seiragaki



International Zone perspectives
© ATHOC / Photo: P. Seiragaki



Swedish Bikes
© ATHOC / Photo:
K. Alexandropoulos



What's On

Today 4 August 2004 the Village Celebrates Birthdays

Eleni NIKOLIA	VIL LAUNDRY SRVS STAFF
Anastasios POLICHRONIDIS	NOC ASST
Panagiotis Nikolaos KAFATSAKIS	NOC ASST
Elpida SAVVIDOU	NOC ASST
Paraskevi CHRONOPOULOU	SPORT ENTRIES ASST
Charalabos THEODOSIS	VIL ACCOMODATION SERVICES ASST
Georgios CHOUTOPOULOS	SIC TRANSPORT ASST
Zoi TZENI	OPTOMETRIST
Marina SMULEVIC	VIL ACCOMODATION SERVICES ASST
Vaios KARATHANOS	NAVIGATOR
Karolina PAPAKONSTANTINOY	NOC ASST
Nikolaos KOKLONIS	NOC DRIVER
Aggeliki GALIDAKI	VIL RESIDENT SERVICES ASST
Panagiotis MOURGELAS	ACR VEN ASST
Luke Benjamin CALDWELL	PHYSICAL THERAPY PERSONNEL
Eleni MANDILA	PHARMACY ASST

Cinema

ANGER MANAGEMENT

Wednesday, 3 August

22:00



A wacky comedy with crazy situations. Will cool Jack Nicholson calm down mad Adam Sandler? Or will it work the other way round?

A misunderstanding gets easy- going advertising executive Dave Basnik into court, where to stay out of prison he has to take lessons in 'Anger Management', with Bandy Rydel, a specialist in the subject. Except that Dr Rydel's methods are so unorthodox that instead of calming his patient down, he literally makes him beside himself with rage. But maybe that's what's needed!



About the Pulse

Welcome to the Olympic Village Pulse, the official daily Newspaper of the Olympic Village!

Through the Pulse web pages you can surf the streets and neighbourhoods of the Olympic Village, feel the pulse of everyday developments at first hand, and meet some of the 25,000 people who live and work in this exciting Village.

The Olympic village paper is in electronic form for the first time, and can be accessed from the ATHENS 2004 website:

www.athens2004.com/olvpulse.

You can find the paper in its printed form by opening the PDF file 'Print the Pulse'. Or, if you are living in the Olympic Village, visit one of the Internet Cafes and ask the helpful staff to either show you to a PC or print you a copy of the Olympic Village Pulse.

The Olympic Village Pulse publishes articles and pictures about life and events in the Village on a daily basis. It contains exclusive interviews with athletes, officials, employees, and volunteers, not to mention dozens of Village activities. The staff is made up of young volunteers who are carving their way into the arena of global journalism in this unique manner. We take pride in the privacy of all residents and employees of the Village and look to enhance the positive and welcoming environment that has been created by everyone. Though the immediate public for The Pulse is athletes and Village residents, its Internet presence opens a virtual window to the whole world.

Our main objective is to keep Village residents up to date with what is happening in the Village, and to enhance a multicultural community of people from all corners of the world. So, welcome to the Olympic Village, the beating heart of the Olympic Games and enjoy these unique days of multicultural and athletic excellence in the names of peace and determination to succeed.



The team members of the Olympic Village Pulse are the following:

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