What are The Olympics actually ?

To begin with Olympic Games are set of international sports competitions that happen every four years. OG play an important role not only in the sport life but also in the cultural life of the

global community. Also nations all over the world are involved. What’s more not only sportspersons are attracted by Olympics but also regular people who attend Olympics in the area.

What’s worth mentioning is the symbol of the olympic movement which presents 5 meaningful rings, known as the Olympic Rings. They were created by Pierre De Coubertin and are remaining a global representation of the Olympic Movement and it’s activity. The olympic symbol consists of

five interlocking rings of equal dimension, coloured blue , yellow, black ,green and red on the white field. They represent five inhabited continents such as Africa,America,Europe and Oceania.

It is widely known that there is a large quantity of meanings and reasons of OG however highly considerable are the main values which are respect, friendships and excellence. They constitute the foundation on which the Olympic Movement builds its activities to promote sport,culture and education with a view to building a better world.

Firstly there is a excellence which is about giving one’s best on the field of play or even in your personal life. But does excellence really exist? In my point of view it is not always about doing things perfectly but on the contrary it is mainly about trying your hardest to achieve anything your heart desires, some kind of personal goals or even not yet unfulfilled dreams. Sometimes it is hidden in the joy of participating. Also it is about striving to do your best in your daily lives to have strong body, mind and will and what’s the most important to stay healthy.

Second value is a friendship which encourages us to be more helpful and be considerate of each other . Friendship represents trust between people. As a one quote said **“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.”** Because there is something important hidden , it is a gift to have someone by your side. You are supposed to spread the goodness around . Also what’s more precious than to have someone to talk, laugh and cry with. For us, human being, it is not that easy live alone with a cold heart.

Thridly also worth mentioning, respect. It wasn’t meaningless to add respect as one of the main value in OG. Its not about the word but the enormous meaning behind it. You can show your respect not only towards your oponents. Rules, people and environment. But most importantly towards yourself. Because you don’t see the world the way it is, you see the world the way you are. When you learn how to respect yourself, showing your respect towards everything else will be automatically easier. Not to mention respectful individuals listens attentively, speaks politely and values different perspectives. It is the best comfort that comes from people who create an environment where everyone feels valued and heard.

Lastly we cant forgot to add a few words to already stated Olympic values. The presented idea about exellence, friendship and respect are beyond everything we want to be showed on this event. Unfortunately, even from this values have been taken advantage off by some people. It it easy to do it. But it takes a lot of time and personal grow to accomplish all three features. This is a main reason why we shouldn’t forget about our past and what happened in these years.

It was World War II. year 1936 and OG started in Germany, Berlin specifically. German dictator Adolf Hitler was trying to enforce his ideals and was promoting his propaganda. It was not only immoral but also against every idea of creation the OG. It is not surprise his actions were higly doomed.

In 2014 in Sochi, Russia a few sportsmen attending the Olympic Games were caught using performance-enhancing drugs. The most disappointing from the whole incident was, not showing respect towards the rivals involved.

To summarise Olympic values shows in which spirit wants this event to be taken. It is essential to take them into consideration and possibly amply them into our daily life. Despite the fact the values were used with wrong intention it is good to learn from it and spread them proudly around us.