



**FOR IMMEDIATE RELEASE**

Tuesday, August 14, 2018

## **Next batch of H.E.R.Os begin training**

A third batch of Team PNG athletes began their training in the Papua New Olympic Committee's H.E.R.O programme on Monday this week at the Gateway Hotel in Port Moresby.

The week-long programme will equip participants with skills in public speaking, presentations, professional conduct and running of programmes among other topics.

Athletes trained in this programme become leaders in planning, organizing and running sessions on the Olympic Values Education Programme (OVEP) and other programmes by the PNG Olympic Committee.

The OVEP promotes the International Olympic Committee's (IOC) values of Excellence, Friendship and Respect and the athletes express that through their own experiences.

Programme Coordinator, Milton Kisapai said the programme has been running successful with over 30 athletes from the first two batches are currently active in doing programmes with various schools, communities and sporting groups around the country.

Meanwhile, 21 male and female athletes from various sporting codes have confirmed their names for this year's programme.

"The idea is to use Team PNG elite athletes to deliver the message of good values which can be used in all aspects of life and not just in sports.

"Each athlete has their own story and through this programme they can share that story to inspire the next generation of PNG citizens to become good role models in whatever they are doing," Kisapai said.

PNG Olympic Committee's Deputy Secretary General, Andrew Lepani said the training is also good for the athletes because they become more confident and are also able to plan the programmes and run the activities themselves.

The programme began in 2016 with the first batch and is supported by Exxon Mobil PNG.

"With the support of Exxon Mobil, the PNG Olympic Committee is reaching out to more schools and young people and inspiring them with our athletes and their stories of determination, sacrifice and achievement," Lepani said.

The Team PNG HERO programme is the flagship programme of the PNG Olympic Committee. In fact, the initials H.E.R.O stand for the PNG Olympic Committee's organizational values of Honesty, Excellence, Respect and Openness. The values are part of PNG Olympic Committee's 2016-2020 strategic Direction.

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