

CULTURAL EXCHANGE

Athletes get a grip on relief

Chinese massage helping many athletes to recover after competitions and practice

By ZHENG XIN
zhengxin@chinadaily.com.cn

Every day, as early as 7 am, foreigners wait outside the Music Relief Center for the Music for Stress Relief workshop. Many are in line for their chance to experience *tui na*, which is literally translated as grasping and pushing, an ancient Chinese massage on various acupuncture points of the feet, ankles and legs, that helps athletes relax and rejuvenate.

Oriol Torras Puig, an official with the Spanish team, said it was amazing how the music massage helps him relax so quickly.

"The grasping and pushing simply helps my joints and muscles relax, and the soothing music helps release the chemicals that lower stress and boost my mood," Puig said.

According to Shao Gang, a volunteer at the Music for Stress Relief workshop, the massage is an effective alternative to other treatments.

Shao said the workshop was backed by five professors from Nanjing University of Chinese Medicine.

Most of the music was composed by the professors to help relax the center's clients.

"The music and massages are so relaxing that sometimes the athletes just fall asleep in the chairs and we can't wake them up," he said.

This style of massage has been

"The music and massages are so relaxing that sometimes the athletes just fall asleep in the chairs and we can't wake them up."

SHAO GANG
volunteer at the Music for Stress Relief workshop

practiced for centuries in China, but has not yet gained much popularity abroad.

Marc Gomez Rodon, another Spanish official, said members of his country's hockey team basically shower and stretch after training sessions or games.

"We barely know of *tui na*, or massages for stress relief back home. It's my very first experience," said Rodon. "I find it especially good for tired joints."

"We might consider introducing *tui na* back in Spain to benefit



more of our athletes."

According to Wang, a volunteer student from Nanjing University of Chinese Medicine, as more athletes experience the Chinese massage, orders and reservations have surged in recent days.

"News traveled fast and more athletes rushed over to try it. After one athlete tries it, he brings the whole delegation over," he said.

"Now we are receiving more than 100 customers a day that come for a massage or static music relief."

"It is super fulfilling to hear athletes say 'so good,'" said Wang.

In addition to *tui na* and static music relief, the workshop teaches the traditional Chinese ancient five-animal exercise and muscle and bone strengthening exercises for athletes from the village, starting at 7:30 am daily.



Top: Foreign athletes learn kung fu set to music to help relax at the Music for Stress Relief workshop.

Above: Artists play pipa, a traditional Chinese instrument, to help relieve athletes' pressure. PHOTO PROVIDED TO CHINA DAILY

Video workshop doles out cameras to capture Games' experiences

By ZHENG XIN
zhengxin@chinadaily.com.cn

For those athletes who want to bring their experiences in Nanjing to life, a program has been created to provide them with instructions and equipment to create video stories of their experiences.

Athletes can learn not only how to create videos and share them with the world online, but also borrow cameras for free during the Youth Olympic Games.

"The athletes can just come and sign up for the program, get the camera after registration, and shoot stories and then edit them," said Ye Zhizhou, a volunteer with the YOG Point of View program from Wuhan University.

"They can also participate in workshops that are offered to teach them how to shoot

and edit and which also provide plenty of hands-on experience," he said.

The workshops are conducted by professionals who explain story components, shooting angles, composition and the use of motion.

The workshop provides POV cameras and small handheld cameras. Once the footage has been shot, the workshop explains how to put the video together in a way that attracts and excites an audience.

"Hundreds of people have come to our booth and we have lent out more than 30 cameras out of the 70 since Aug 14."

Leonardo, from Brazil, said he was considering borrowing a camera to keep a record of his two weeks in Nanjing.

"It's free of charge and they have these workshops to help you make a video at a professional level," he said.

The program is part of the Nanjing 2014 Youth Olympic Games Cultural Education Program and is managed by Olympic Broadcasting Services, the host broadcaster of the Olympic Games.

According to OBS, the initiative is designed to help athletes create their own stories using state-of-the-art equipment. Participants are encouraged to document their stories by themselves or as part of a group.

"We are giving young people the opportunity to customize their work according to their interests, allowing them to communicate with young athletes, join in with the Cultural and Educational program and share their experiences via social media," OBS said.

"We will allow young people to celebrate sports and friendship via the communication tools they use in their daily lives," said

OBS new media producer Matt Millington.

To encourage more participation, those in the program are eligible to win one of 10 cameras that will be awarded for the 10 best stories of the Games.

The entries will be judged by an international panel of experienced broadcasters covering the event.

How to sign up

By e-mail apov.nanjing2014@obs.es or at the YOG POV center in the village.

Workshops available
Aug 19-21: individual support and equipment check in/out

Aug 22-24: shooting workshops from noon to 12:30 and editing workshops from 6:00 pm to 6:30 pm

Aug: 25-28: individual support, equipment check in/out