



Get Set Road to Rio Hangout 6

CHRIS: Hello and welcome to this Get Set hangout. Today we're going to be talking about Brazil and the countdown to the Rio 2016 games. Between now and summer when the Olympic and Paralympic games take place in Rio, we will be meeting lots of brilliant athletes and sport teams from team GB and Paralympics GB and other special guests who are also on the road to Rio. We're giving schools in our Get Set community the chance to ask questions to these inspirational individuals. Schools across the UK has sent Get Set some excellent questions for our Get Set participants, so without further ado let's meet them.

Our first participant is His Excellency Alexander Ellis, who is the British ambassador to Brazil. Alex arrived in Brazil in July 2013, and as the ambassador to Brazil Alex represents Her Majesty the Queen and the UK government in Brazil. Hi Alex, welcome to our hangout.

ALEX: Thanks very much indeed.

CHRIS: Great to have you with us. Our second participant is Amber Hill. Amber is an English sports shooter who specialises in the skits. She has won a total of three gold medals in major international competitions, very well done! Amber aims to become the very first British woman to win Olympic shooting gold, after being named in the sixth strong team GB sport for the Rio 2016 Olympics games. Hi and great to have you with us.

AMBER: Hi, thanks for having me.

CHRIS: Fantastic. So we've asked our schools to think about Brazil and the countdown to the Rio 2016 Olympic games and what questions they would like to ask our participants. So let's start with St. Xavier Primary School from Bolton, and they submitted this question for yourself Alex. The question is this; how are you helping Brazil to prepare for hosting the Olympics games and does Britain have a greater role considering we hosted the last games?

ALEX: First of all hello to everyone at Bolton. We do have a big role because London was the last summer games host in 2012. The Brazilians went over in their hundreds to look at how we ran our Olympics, and that can be anything from helping athletes to prepare to security to signing to food, you name it, all sorts of things. And since then we've had lots and lots of contact with the Brazilian authorities here, and some of that is quite high level as some of you know Seb Coe who's the president of our Olympic association. He talks a lot to the Brazilians. So all sorts of different areas, we've just had some people in the UK looking at how to make sure that if there are drones flying around above the stages you can place that properly – so all kinds of different stuff. So yeah, we've had a very heavy role, it's been a big part of my job since I came here three years ago.



CHRIS: Fantastic, thank you Alex. Our next question is for you Amber, and it's from Cumwhinton Primary School in Carlisle. Their question is this; how long do you need to train prior to taking part in the Olympic Games and what process do you go through to get selected?

AMBER: Well I started training for my country in 2013, for I've been training up for this moment for the last 4 years. So every week I'm training about three or four days a week, I would have to travel up to my coach and he lives three hours away from me so that's another couple of days. I would then have to go to the gym and train about five days a week, so it is a fulltime sort of job and it needs a lot of training. But I'm keeping everything the same leading to Rio, it is just like another event and I've done it a hundred times before but I think the excitement is really just starting to build now and I really can't wait to get out there.

CHRIS: Thank you. The next question is from you Alex, and it's from Dalmain Primary School in London, two classes are asking this question. Their question is this; what is your favourite thing about Rio and what it is like living there?

ALEX: Wow, first of all I don't live in Rio. Brasilia is the capital of Brazil, that's where I live but I go to Rio all the time because of the Olympics, we're doing so much work. I would say the most amazing thing about Rio is just what it looks like; it's amazingly beautiful. It doesn't look like any other city I've ever been to or lived in in my life. It has fantastic beaches, mountains and rainforests, it's one of the last places really which has really good rainforest right by the coast. So it's very dramatic, it's got those famous icons like the ice which you see on top of one of the hills. It's just incredibly beautiful to be honest, and whenever you go out you look around and think I'm lucky to be here. It's amazing.

CHRIS: Thanks Alex, I think we're all officially very jealous. Our next question is back to you Amber, it's from St Saviour Church of England Primary School in Bolton. The question is this; how do you feel when you're out in the field shooting?

AMBER: I think there's no sort of feeling you can compare it to, even in training I cannot get that feeling of when I'm representing my country in competing out in the range. It is just a lot of excitement, a lot of adrenaline but also kind of stand calm as well and not get too ahead of yourself. That's the hard thing about it, because you've got so many nerves and so many high expectations and you know everyone there is on the top level. But for me it's kind of controlling those nerves going into the competition and just do my very best. That's what I try and get out of every competition and most of all enjoy myself, because if I didn't enjoy then I wouldn't be out there competing.

CHRIS: Thanks Amber. Another question now for you Alex, is from Shepley First School in Huddersfield, and the question is this; how have preparations for the Olympic Games affected the lives of school children in Brazil?



ALEX: The Brazilian government and the Brazilian towns and states, it's very like before London in 2012. They've made a big effort kids like yourselves of your age in Brazil with the Olympics and Paralympics as well, and they have a kind of program which get kids trying new kinds of sports, to understand issues like disability and so forth. So it's a big program, but it's a bit different from the UK because it's too big. You can fit UK about 40 times into Brazil, it's enormous. If you come here you'll see it's huge! So I've been a lot focused on the city of Rio I would say, and there you can feel it not the least because you have lots of roadwork and stuff like that to try to get the city in order. And so you have a lot of Olympic events in Rio at the moment, and obviously for schools it's huge. I should also say the city of Rio has given all of the kids holiday during the Olympics, so they'll be on holiday. I think they're pretty happy about that as well.

CHRIS: Thank you. Our next question is for you Amber and it's actually from two schools, it's from Dalmain Primary School in London and it's also from St. Mary's High School in Hertfordshire. The question is this; what challenges do you face when preparing and taking part in the activities, and how do you overcome these?

AMBER: I think there are a lot of things that could potentially affect you and could go wrong, and for me it's to try and minimise that as much as possible. There's a lot of sacrifices that you have to make to be allowed to compete in the Olympics and go on to perform there. But to be I think it's been quite hard while I've been at school, having to juggle all my duties and taking my exams and doing schoolwork whilst I was also competing for Great Britain and travelling all around the world at such a young age. You also have to sacrifice just the little things like going out with your friends at weekends and sometimes missing family occasions and things like that, but for me I try and make the balance for both. I try to get time and organise myself as best as I can so I'm able to have the time with my friends and to be just a normal 18 year old girl but also do something that I love. When you say you're going to the Olympic Games I think there's nothing that can compare to it and all the sacrifices I have made over these years, and at a very young age they've all been completely worth it.

CHRIS: Thank you very much. We do have some extra time, I'm going to ask a few extra questions. We're going to come back to you Alex, and this is going back to Cumwhinton Primary School in Carlisle. And their question is this; what food and drinks are popular in Brazil?

ALEX: Brazilians like meat, they like a good barbeque. So you're going to get these barbeque wherever, they grill a cow basically and then they eat it all. So you get used to that. There are fantastic fruits here, so if you ever come here, and I really encourage you to if you get the chance, they have the most amazing fruits which comes from the rainforest, from the Amazon which is the biggest rainforest in the world. And it's fruit you've never seen in the UK, amazing good fruit. The drink they like is kind of coke, they drink guarana. If you ever ask a Brazilian



guarana they just smile, it's like everyone has to drink guarana. Brazilians when they go abroad they try to find guarana. And it's like coke, except it's made from a berry actually from the Amazon as well, it's got a very particular taste. So try to look at it if you can find it somewhere.

CHRIS: Thank you. Our next question is to you Amber, it's from St. Xavier Church of England Primary School in Bolton. The question is; how are you preparing for the Rio 2016 Olympic Games?

AMBER: At the moment I'm training harder than ever before, I'm actually with my coach even now, I've just taken some time from training to be able to talk to you guys and answer a few questions. But there is a lot of training involved, and I've actually just been to Rio for the test event. So I'm getting a lot of experience there, what to expect, some of the difficulties and traffic – it's a different way of life really out there. But also just to see the venue and get all the excitement and try to take away as much as I can from that, but most of it is a lot of training and taking everything step by step because it is very easy at this stage to sort of get ahead of yourself thinking, "Oh I'm doing really, really well right now, this is going to continue up until the games." But at the moment I'm trying to get things one step at a time. I've still got another couple of international competitions just before I go out to Rio in August. But like I said before, I just want to completely enjoy the process as well of getting to the Olympics, and I'm working harder than ever to try to make it all come into place when I get there.

CHRIS: Thanks Amber, and thank you so much for taking your time to be with us today. The next question is going to yourself Alex, and it's from Cumwhinton Primary School in Cumbria. Their question is; what are Brazilian carnivals like and have you ever been to one?

ALEX: Yes, thanks for asking. I've paraded a carnival this year and there are absolutely amazing. And there are several different ones, there's one in Rio which is the most famous one but there are bigger ones elsewhere. I went to the Rio carnival this year, and actually had to lead one of the Samba schools down, they have this amazing place called *Sambodromo*, which is kind of a samba performance area, like a pitch really. It's where they're going to have the archery during the Olympics, so look out for that one when you see it. And I had about four thousand people behind me dressed in the most amazing costumes you've ever seen, I'm never going to show you my costumes but it was fun. They're fun, Brazilians love fun and they love dance. One of the great things about Rio is it has really good weather, so you can be outside, and it's just an amazing experience with so many people. You guys should look at it and see if you can design some carnival outfits and stuff like that, it's so easy in terms of the design. And the music is really cool as well, and you have to sing as you walk down, it takes you about an hour to walk down the *Sambodromo* and you have to dance and sing all the way down. There are no videos of this by the way with me, so I'm alright I think.



CHRIS: Fantastic, we'll just have to use our imagination to picture your carnival outfit. We now have a question for both participants, I think we'll start with you Amber and then get to Alex. It's from St. Mary's High School in Hertfordshire, and it says; what was the best piece of advice you were ever given?

AMBER: I think for me, in 2014 I went through some challenging times with my family and I was still competing and things weren't necessarily going as well. It seems everything was going well in training but as soon as I go into competition my scores would be really down. I was starting to get a bit down by it, and the one thing my coach said to me was, "You're doing things right, as long as you believe in yourself and you be patient things will fall into place." But saying that to me I was like I wanted it all now, I just want to perform every time I go out there. But sometimes I think you just need to step back and think of the bigger picture. I'm learning all the time, and as long as you're patient and like I said you believe in yourself as well and you trust your gut instinct because that's where my decisions come from now. I listen to people around me but at the end of the day it all comes from myself of what I think is best for me. I'm the one that has to go out there and compete at a high level and go and represent my country and shoot. So I think just believing in yourself and the decisions you make.

CHRIS: Thanks, great piece of advice. How about you Alex, what's the best piece of advice you've had?

ALEX: I think I'm following Amber's advice actually, it sounds pretty sensible. I'll go with Dr Zeus, no one in the world is you-er than you, be you! And picking up what Amber was saying really, lots of other people can give you lots of advice, and sometimes try to pull you in one way or another, but no know who you are and what you like and be you. It never works if you try to pretend to be someone else other than yourself, it never works. I guess one part of that is keeping your eyes open. Just be interested in new things, don't be scared of different things. Go and have a look at them, try them, talk to them, because there's usually something interesting going on elsewhere besides what's going on in you.

CHRIS: thank you Alex. We've got time for one more question, and again it's for both of you. So we'll come back to you Amber and then Alex. It's from [spelling: 16:20] Primary School in London, and it is in two parts. The question is; what is a normal day like for you and how will this change as we get closer to the Olympic Games?

AMBER: For me my day, I'll wake up in the morning, then I'll drive and that would probably be about 9 o'clock. So I do like my sleep and I do like to get my beauty sleep. But then I'll wake up, I'll have my breakfast which normally I always have eggs for breakfast, I don't know why. I will then take half an hour to get to the shooting range, I will shoot for probably a couple of hours. I will then come home and go to the gym, I'm lucky because my family is a very sporty family and we all like to go to the gym, so I'm very lucky to have a gym at home. So I would be out there



working on strength exercises, cardio exercises and making myself get as fit as possible which is required when you compete at a high level.

So when I come back in the evening I do like to spend that time with my family, whether it's my boyfriend or just being at home. I could be just home one week and I could be the next in Rio, so you just that know. That's my average day, just training and training.

CHRIS: Thank you, how about you Alex?

ALEX: It's a very different day than Amber's, first of all I'm up at six. But you can see the consequences of what I look like as a result! In a way if you think of Amber's day, she's really training and building up to very specific events, and it really needs so many hours to get to a specific moment so you be at peak condition. It's a different life for me, it's much more like a routine life. I do a sport every morning, yoga actually every morning or I would swim. And I eat those delicious fruits for breakfast, it's fantastic, it's one of those great things about Brazil. I'm out a lot, talking to ourselves, talking to Brazilians, I speak Portuguese, so I speak at universities and to politicians. I've just had breakfast this morning with one judge of the Supreme Court. So a lot of external stuff. I lot of talking to staff, I'm the boss of about 350 employees so I'll be talking to them a lot during the day, some brief chats sometimes or they can be more structured.

And sometimes Brazil is going through a very complicated political or economic times like at the moment, and a lot of businesses here want to understand that better so I might have to talk to them. I'll always finish the day quite like Amber, with my family. I have my son, he's 18 now, my wife we eat together, and then I read a little bit just to relax before I go to bed, I'll always read a book. So I'll always try different sports every day in the middle of all that, I'll try and read a bit always and try to laugh everyday quite often. It's good to have a laugh.

CHRIS: Fantastic, and will your daily routines change as we get closer to the games?

AMBER: Yes, I think things will slightly change. At the moment I'm also doing quite a lot of appearances, whether that's going into schools and telling them a bit about what I'm doing and trying to get the whole Olympic feel and try to get them behind team GB. I think sporting at a young age is very important, that's why I'm trying to encourage young people in sports. But most of all it will be back to training again, so all the travelling around and training on new ground with different people and hopefully traveling someone else when the weather here isn't great, like going to maybe Spain for different training grounds. I'm also doing sort of trying to get more and more photo shoots to promote the sport and to promote the Olympic Games. Yes, I love that side of it as well, so I think things are going to get really hefty leading up to Rio, but as well as making time for myself just to relax as well which I think is very important because it can become overwhelming sometimes.



CHRIS: Thanks Amber. How about you Alex?

ALEX: Yes my job I'm the British ambassador, so I'll have to cover lots of things, we'll get more and more focused on the Olympics and Paralympics. That would be I will be going to talk to people a lot about it, doing the press about how we'll support the British nationals. We hope that there will be tens of thousands of Brits coming here during the Olympics and Paralympics and my job is to make sure they get the right support if they get into trouble with their passport and stuff like that. So making sure all that is set up. A lot of work on security, you never notice it but we have proper security in place to make sure people are safe as they possibly can be, we're working with the Brazilian authorities. But also I hope to use the games to promote the UK as well. We have fantastic people like Amber, some other good athletes, all sorts of people who have amazing stories. We want to use that to tell the story about Britain and what a great place it is, to Brazil. Now we're not the only ones doing it, in the Olympics a lot of people are doing that, so we have to show something a bit special about the UK. And we'll have a place in Rio during the Olympics where people will come, it is a kind of venue where we hope to show the best of Britain basically.

CHRIS: Thank you very much Alex, we wish both of you the very best of luck. I'm afraid that's just about all that we have time for today, so I just want to say a big thank to all our schools for submitting their excellent questions, and also of course to our participants His Excellency Alexander and also to Amber Hill. Very best of luck to both of you!

Now if you're watching this hangout on our website at www.getset.co.uk, you can also find out about our 'road to Rio' challenge, which teams of young people are using to get active and join athletes like Amber to virtually travel the distance from London to Rio. So do check that out. If you'd like to be involved in our next hangout, email us at the following address: getset@gestset.co.uk. We look forward to seeing you next time, thank you very much and good bye!