

# The Winter Olympics

Engelsk



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## The Winter Olympics (1,12 ns)

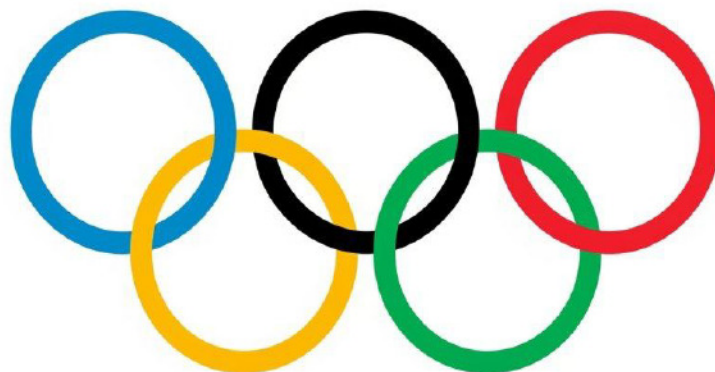
The Winter Olympics are held every four years, alternating with the Summer Olympics. The games feature eight different sports and 15 disciplines, including cross-country skiing, snowboarding, figure skating, curling, and luge.

The first Winter Olympic Games were held in France in 1924 and were originally known as the "Winter Sports Week of the VIII Olympiad", but was retroactively recognised as the first Olympic Winter Games in 1926. Originally only five winter sports were included; curling, skating, bobsleigh, curling, ice hockey, and Nordic skiing.

At first, the Summer and Winter Olympics were held in the same year, but in 1986 it was decided that the 1992 Winter Olympics would be that last to be held in the same year as the Winter Olympics. After that, they were moved to separate four-year cycles, but still in even-numbered years.

The Winter Olympic Games have been hosted by 13 different countries across three continents, but only in the Northern Hemisphere. This is why they usually take place in February, during the winter months in the Northern Hemisphere. So far, no city in the Southern Hemisphere has applied to host the Winter Olympics.

A real concern threatening the future of the Winter Olympics is climate change. As the temperature rises and the climate changes, The International Olympic Committee (IOC) is trying to adapt and shape the future of winter sports. The criteria for future games now include requirements for organisers and hosts to commit to tackling climate change, protect biodiversity, and manage resources. This includes using only existing or temporary venues or moving events outside the host city, if necessary for sustainability reasons. The IOC has also planted the Olympic Forest and is working to reduce emissions by 50 per cent by 2030.



# The Winter Olympics

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Connect the images with the correct Olympic disciplines.

These illustrations were used in connection with the 2026 Olympic Winter Games.

bobsleigh

figure skating

ice hockey

snowboard

curling

ski jumping

alpine skiing



## Facts about the Winter Olympics



The only country to have won a gold medal at every Olympic Winter Games is the United States.

Until 1992, the Olympic Summer Games and the Olympic Winter Games were held in the same year.



To date, 12 countries have participated in every Olympic Winter Games – Austria, Canada, Finland, France, Great Britain, Hungary, Italy, Norway, Poland, Sweden, Switzerland and the United States.

Olympic hockey pucks are made of vulcanised rubber and must be frozen to reduce friction before each game.



The world's first bobsleigh club was founded in St. Moritz, Switzerland in 1897.

The word "ski" is a Norwegian word that comes from the Old Norse word "skid", a split length of wood.



The rock, or stone, used in curling is made of a rare, dense granite that is quarried on Scotland's Ailsa Craig.

Debra Thomas became the first black athlete to medal at the Winter Olympics after she won bronze in figure skating at the 1988 Games in Calgary.





The logo for the Olympic Games is 5 rings in different colours. This logo is used for every game, but individual logos and mascots are also made for each Summer and Winter Olympics.

Design a new logo and mascot for the Olympics. It can be from a previous, upcoming, or fictive edition of the Games.



Read the text about the Paralympics and answer the questions on the next page.

## Paralympics (0,82 ns)

The first Paralympics (called the Stoke Mandeville Games) were held in 1948, when an English surgeon held an archery competition for his patients, who were soldiers with spinal injuries. Four years later, Dutch handicapped athletes joined and the international Paralympics were born.

The first official Paralympic Games were held in Rome in 1960. The Games featured 400 athletes from 23 countries. It was the first time the Paralympics were held as a continuation of the Olympics and in the same city as the Olympics.

The first Winter Paralympics were held in Sweden in 1976, and have, like the Summer Paralympics, been held every four years since. Since the Summer Games in South Korea in 1988 and the Winter Games in France in 1992, the Paralympics have also been held in the same venues as the Olympics.

The original archery competition was only for people with spinal injuries, but now athletes with a variety of different impairments and disabilities are allowed to compete, such as people with amputations, vision impairment, cerebral palsy, paraplegia, deafness, and intellectual disabilities.

The word "Paralympics" derives from the Greek word "para" (meaning "beside" or "alongside") combined with the word "Olympics". It is meant to illustrate that the Paralympics and Olympics exist side-by-side.



### Gloser

archery - *bueskydning*

spinal injury - *rygmarvsskade*

continuation - *fortsættelse / forlængelse*

venue - *sted*

impairment - *svækkelse*

disability - *handicap*

vision impairment - *nedsat syn*

paraplegia - *lammelse i underkroppen*

deafness - *døvhed / høretab*

intellectual disability - *indlæringsvansklighed*

## 1. What was the first version of the Paralympics called?

- The Olympics for handicapped
- The Paralympics
- The Stoke Mandeville Games

## 3. Who were allowed to compete in the original archery competition?

- Blind soldiers
- Soldiers with spinal injuries
- Soldiers with PTSD

## 5. What made the original Paralympics international?

- The soldiers travelled to France to compete
- Dutch athletes joined the competition
- The surgeon had a Swedish assistant, who helped plan the competitions

## 2. How many athletes competed in the first official Paralympic Games?

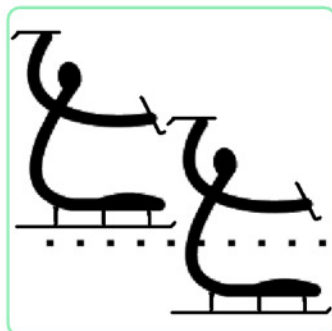
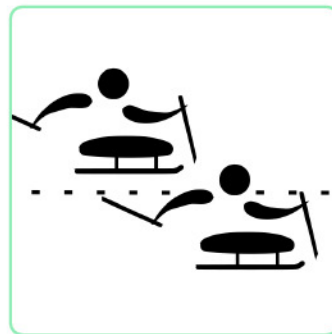
- 400
- 23
- 1960

## 4. When and where were the first Winter Paralympics?

- Rome, 1960
- South Korea, 1988
- Sweden, 1976

## 6. What does the word "Paralympics" mean?

- side-by-side with the Olympics
- Olympics for paraplegics
- The Olympics, but with different parameters



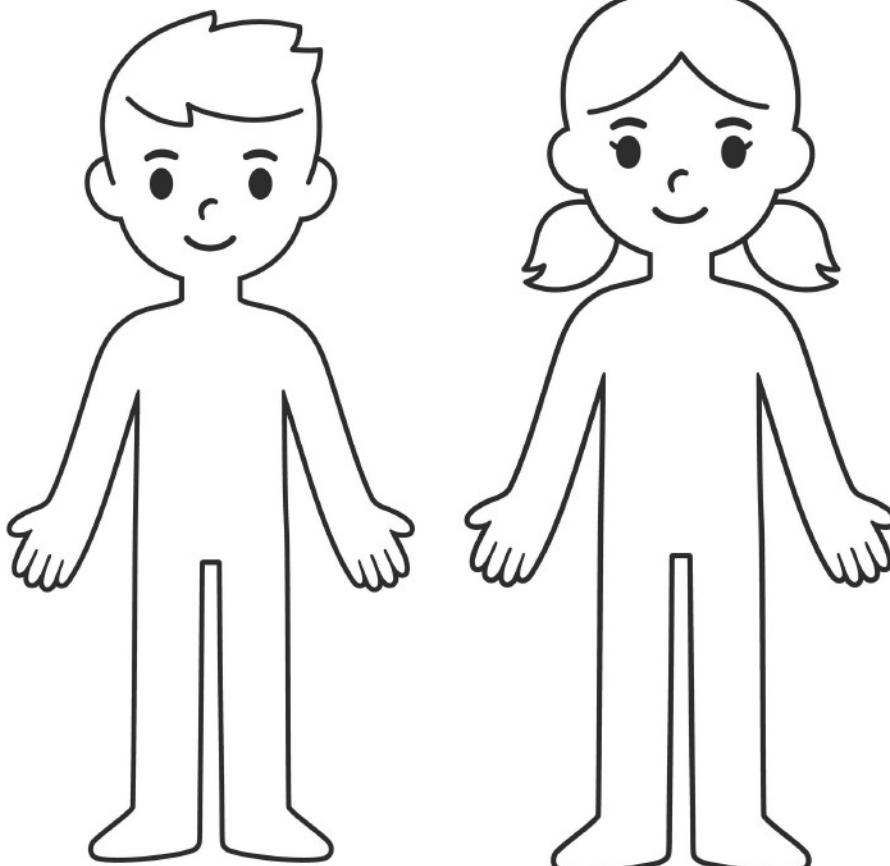
## The uniform

At every Olympic Games, the competing nations wear uniforms designed to be comfortable for athletes to compete in and to show national pride.

The uniform often includes a track suit with a matching jacket and pants in the country's colours. There are often different elements added for the different athletes, like bathing suits for swimmers or leotards for gymnasts.



Design a uniform for one of the competing nations in the Olympics.





Read the text and answer the questions on the next page.

## The Olympic Flame (1,75 ns)

The Olympic flame has always been a famous symbol of the Olympic Games.

Fire has been a part of the Olympics since the ancient Olympic Games in Greece. Back then the flame was a symbol from Greek mythology and represented the story of Prometheus who stole fire from the god Zeus.

A burning flame came back to the modern Olympics in 1928 in Amsterdam. In the 1936 Berlin Olympics a torch relay was introduced to transport the flame around the world before the beginning of the games.

Several months before a new session of Olympic games, a ceremony takes place in Olympia in Greece. A flame is lit by using the sun and a mirror in an old temple, and a torch with the flame is then transported around Greece for a few days. After this the torch starts its long journey towards the host city of the Olympics of the year.

The torch relay ends at the opening ceremony of the Olympic Games in a big stadium. The last person to carry the torch is usually a famous sports star from the host country. He or she runs with the torch up a staircase towards a cauldron and lights a big flame in the stadium. This moment symbolises the official beginning of the Olympic Games. The fire then burns until it is put out at the closing ceremony to mark the last day of the Games.

During the torch relay, the flame is mostly carried by runners, but it has also been transported in many other (and often spectacular) ways.

At sea the torch has been on a boat to cross the English Channel, carried by rowers in Canberra, placed on a traditional dragon boat in Hong Kong and has even been costumed to be taken underwater with divers near the Great Barrier Reef in Australia.

On the way to the Helsinki Olympics in 1952 the torch was transported by airplane and has also been carried on horseback in Stockholm in 1956. During the years many other means of transportation have been used, including a canoe, a camel, and a Concorde turbojet.

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In 1976 a whole new way of transportation was introduced when the flame was transformed into a radio signal. This signal was transmitted all the way from Athens to Canada by a satellite which was able to emit a laser beam and then relight the flame far away from its origin.

The torch, but not the flame, has also been sent with astronauts into space several times.

The longest torch relay happened in 2004 and covered the whole world. The journey lasted for 78 days on a distance of more than 78,000 kilometres. About 11,300 people got to hold the flame on the way.

During the long journey or even at the Olympic stadium, the flame sometimes goes out. But to avoid this, many copies of the flame are made beforehand and transported along with the main torch or kept in backup locations on the journey. In this way, it is always possible to relight the torch with original fire from the temple in Greece where it all began.

## 1. Where does the flame symbol come from?

- Greek mythology
- Egyptian mythology
- Roman mythology

## 2. How is the flame lighted?

- By using the sun
- By using a mirror
- By using the sun and a mirror

## 3. Where was the first torch relay introduced?

- In Olympia
- In Berlin
- In Amsterdam

## 4. How is the torch mainly transported?

- By runners
- By boat
- By animals

## 5. Which means of transportation has not been used for the Olympic torch?

- A camel
- A goat
- A horse

## 6. What is used to relight the flame if it goes out?

- A lighter
- A new flame
- A matchstick

Invent your own Winter Olympics sport or discipline. It can be a regular sport that you make winterly, like Taekwondo on an ice skating rink, or you can invent your own winter sport. Here are some questions to consider:



- What is the name of your sport or discipline?
- What is it about? Give a brief description of the the aim and rules.
- Who would you want to see compete in this sport?
- What kind of clothes do the athletes wear?

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Draw your sport or discipline below.

## Present an Olympic sport.

As of 2026, the Winter Olympics include 8 different sports and the Winter Paralympics include 5 different sports.



In groups, choose an Olympic sport or discipline from the Winter Olympics or Paralympics. Research the discipline and try to answer these questions:



- What is the name of the sport or discipline you have chosen?
- What is it about? Give a brief description of the aim and rules of the discipline.
- Who are the top medalists for both women and men?
- Why have you chosen this particular sport or discipline?

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