



# APYouthNet Talk Show Summary #26

Ratchanok Intanon  
(December 2013, Bangkok)



Guests: **Ms Ratchanok Intanon**, World Badminton Champion

Host: **Mr Matthieu Cognac**, ILO Youth Employment Specialist

Camera, sound, editing: **Mr Julian Hadden**

Available at: <http://apyouthnet.ilo.org/podcast/>



## Winning the World Championship in August 2013

Ms Ratchanok Intanon (locally known as Nong May) said that she did not have a high expectation of winning the world championship as she was injured and had only a week of intense practice before the tournaments. She aimed to reach the quarterfinals and did her best match by match.

## On How She Started Playing Badminton

She said that she came from a poor family and her parents earned barely enough to support their family. One day, her godmother brought her to a badminton court and she started to play badminton there.

## Her Dream as a Kid

When she was a little kid, she could not imagine becoming a world champion. One day, when her teacher asked about her dream, she replied that she wanted to be a nurse as she saw nurses every day on her way to school.

## Balancing Her Studying and Practicing Badminton

Studying and participating in badminton trainings at the same time was very tiring for her and she thought of giving up becoming a badminton player at an early age. After she won a few games, representing her school, the school started to provide more support for her to excel in both schooling and badminton.

## On How She Get Over a Period of Slump

When she started to compete with world famous players, she hardly won the games so she thought of quitting her career. However, her mother always cheered her up and advised her not to look back on bad days but look forward to a bright future.

## Advice for Young People on Success

She highlighted the importance of patience and efforts. The more you practice, the sooner you will reach your goals. Also, she advised young people to manage their time well to make the best of it.

## On How Sports Can Help Young People

As a badminton player, she needs to plan strategy to win the games. She believes that sports make people stronger, healthier and better.

## On Her Future Career

She said that she aims to win Olympic Games and would love to play badminton as long as she can. She would like to become a badminton coach to help other people achieve their dreams in the future as well.

*The responsibility for opinions expressed in articles, studies, and other contributions rests solely with their authors, and publication does not constitute an endorsement by the International Labour Office of the opinions expressed in them, or of any products, processes or geographical designations mentioned.*

To become a member of the Asia-Pacific Youth Employment Network, visit this link and click on 'register' [www.apyouthnet.ilo.org](http://www.apyouthnet.ilo.org)