



## About the Island Games

Once every two years, thousands of athletes from across the globe — from Scandinavia to the Mediterranean, the North Atlantic to the Caribbean — come together to compete in the NatWest International Island Games.

The Island Games began in 1985 when the Isle of Man set in motion an exciting and ambitious plan to bring together athletes from small islands across the world to take part in a new sporting festival — the 'Inter-Island Games'. In that first games 700 sportsmen and women came to compete in eight different sports. The event was such a success it was agreed to hold an Island Games every second year. Since that time more Island groups have joined the Games Family – the number of sports and competitors has grown.

As enthusiasm for the Games grew, the event became hugely important to the sporting communities of the participating island groups. Island Administrations have come to realise what a positive impact sport can have in their small, often remote communities; promoting a healthy lifestyle, providing a focus for young people and strengthening a nation's cultural identity.

The possibility of being chosen to represent their home island in the Games became a strong motivator for young athletes to train hard and fulfil their potential. You can see many former members of the Games Family in top-level sporting events across the world today, and their achievements are already inspiring new generations of athletes.

Thanks to the Games, talented athletes from our islands no longer have to look to the mainland to compete; they have the chance to represent their communities at an international level. And Island Games isn't all about scoreboards and medals. It's a chance for thousands of people from islands across the world to explore new places and cultures, share unforgettable experiences and form lasting friendships.