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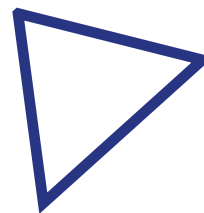
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E S P O R T
E-SPORT
Dispelling the myths



Have you ever heard the opinion that e-sports are not real sports or that they are only for children? Or maybe you were wondering whether you can build a serious career on it? We will dispel these and other doubts by introducing you to the world of e-sports - one of the fastest growing entertainment and sports sectors in the world. As part of the youth exchange “We turn on E-sport” organized on November 21-28, 2023, participants from Slovakia, Romania, Poland, Bulgaria and Spain created this brochure. Learn the MYTHS about e-sports and the FACTS that debunk them!



MYTH 1: E-sport is just about playing games and sitting in front of a computer - listen to Adrian who disagrees with this myth

Facts:

- The International Sports Organization recognizes e-sport as a sport, just like chess or bridge.
- E-sports competitors spend hours perfecting their skills, tactics and reflexes, which is comparable to traditional sports.
- Esports are organized, competitive competitions where players and teams compete for titles, prizes and international recognition.



MYTH 2: E-sport is a men's domain, women have no chance in this field.

Facts:

- More and more women are taking part in e-sports competitions, winning awards and recognition.
- Organizations such as Women in Games promote gender equality in esports by organizing tournaments and workshops for women.
- Competitors like Sasha “Scarlett” Hostyn are winning international tournaments, inspiring other women to take part in esports.

MYTH 3: Playing computer games is unhealthy and leads to addiction

Facts:

- Professional e-sports players follow balanced training plans that combine gaming with physical activity and diet
- Research shows that games can improve cognitive skills, such as the speed of information processing and the ability to solve problems.
- Esports promotes community building and cooperation, which are crucial to mental health.

MIT 4: E-sport promuje przemoc

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Facts:

- E-sports are not only about fighting or war games. It also includes strategy, sports, and simulation games that require deep strategic thinking and planning.
- Many tournament organizers and e-sports teams actively promote sports ethics, teamwork, and respect between players.
- Esports creates global communities of fans and players who collaborate, learn from each other and celebrate successes together.



MYTH 5: E-sports are a temporary fad, you can't build a permanent career on it.

Facts:

- Esports competitors can earn millions through tournament winnings, sponsorship deals and streaming.
- E-sports are developing dynamically, creating new jobs not only for players, but also for coaches, analysts, managers and marketers.
- Universities around the world offer scholarships for e-sports players and e-sports management-related degree courses.

MYTH 6: E-sports are mostly about quick clicking and do not require deep thinking or strategy**Facts:**

- High-level play in esports requires advanced strategic thinking, similar to chess.
- Players spend hours analyzing their opponents' games and developing complex strategies.
- Success in e-sports depends on the ability to make decisions quickly, adapt to changing game conditions and work effectively as a team.

MYTH 7: Esports players have no other activities outside of gaming - listen to Denisa as she debunks this myth**Facts:**

- Many gamers engage in regular physical activities that help them maintain good physical health, increase endurance and focus.
- Some players also study at universities, taking courses related to computer science, management, sports psychology, and even media and communication.
- Esports players often participate in charitable and social activities, using their popularity to promote good causes and education.



MYTH 8: E-sports are only for young people and are not taken seriously by adults

Facts:

- E-sports competitors range in age from teenagers to middle-aged people.
- Esports events attract millions of viewers live and online, including adults and mature audiences.
- Esports is governed by professional leagues and organizations that apply strict rules and standards.

MYTH 9: Anyone can become an e-sports athlete and easily earn big money.

Facts:

- Only a small percentage of players reach the professional level; it requires years of training, sacrifice and consistency.
- Many young players invest in their careers with no guarantee of return, and the competition for sponsors and places in tournaments is fierce.
- Professional gamers often combine multiple sources of income, including winnings, sponsorship deals, streaming and social media.

MYTH 10: The life of an e-sports player is crazy and causes the loss of social skills - listen to Jakub, who disagrees with this statement.

Facts:

- Esports creates huge global communities that connect online and at live events.
- Many e-sports athletes play in teams, which requires advanced communication, collaboration and group strategy skills.
- Players often participate in team activities, learning leadership, stress management and conflict resolution.



Esports is more than just entertainment; is a platform for innovation, social inclusion and personal development. Through education and awareness, we can support the positive aspects of esports while combating negative stereotypes and promoting a healthy, balanced perspective on this fascinating field. We invite you to continue discovering e-sports, its possibilities and its impact on society.

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