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In 2016, April 14, Shando Shindaga, an amputee runner, did what many people his age would love to do: he became a runner in the Paralympics in Rio. Shando is from South Africa, where, in 2012, he received his first blades - the equipment he uses which helps him run - from Jomping Kish. This equipment gives young people like Shando the chance to do something they were unable to do before. In an interview Shando says his disability has never been a problem for him: 'I was always active.' But before he got his running blades, Shando couldn't walk the long distances

He played football with his friends, but he was shorter than them 'and sometimes there were awkward-situations,' he says. Just four years after getting the youngest competitors in the Rio Paralympics and he now often takes part in competitions for para-athletes

Shando has been very successful. He's won several medals and has broken a world record in his sport. Although he's a runner, Shando doesn't like to say much about his talent. 'If I achieve my goals, I always say that I am happy to do that,' he says. Shando knows that some sportspeople would love to reach their goals but aren't able to. Shando could do even better in future Paralympics in Tokyo and Paris. He would love to get there and see more medals but is realistic. He understands that there is always the possibility of injuring himself/furtherback, like there is for any athlete. Some athletes say they're definitely missing at the next Paralympics, but this is something Shando doesn't say. He knows he can't be sure of that. For Shando, it's people who are more important than medals. He wants to show people that he respects others. If he can respect the goals he's running next to, he says, then everyone watching him on TV at home can respect each other, too. Shando believes anyone can make a change in society and that it isn't necessary to be the president of a country. At the time of writing, Shando is planning to compete at another important para-athletes competition

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