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Porsche Podcast 9:11

## **Transcript episode 6: Success**

### **Guests:**

***Sami Khedira, Professional footballer and ambassador for "Turbo for Talents"***

***Aksel Lund Svindal, former ski racer and Porsche brand ambassador***

### **Host:**

***Sebastian Rudolph, Vice President Communications, Sustainability and Politics at Porsche AG***

### **Intro**

[00:00:14] **Sebastian Rudolph:** Welcome to the new edition of 9:11, the Porsche podcast. My name is Sebastian Rudolph and I am responsible for the areas of communications, sustainability and politics at Porsche. With this audio magazine, we want to bring the world of Porsche closer to you and get the answers to some interesting questions. For this reason, we have again set up our podcast studio in the Porsche Museum in Stuttgart-Zuffenhausen. From here, we have a view of Porscheplatz with a sculpture in the centre from which three white 911 cars reach into the sky.

Today, our podcast has a sporty feel as our guests are two world champions. Joining us are football player Sami Khedira and former ski racer Aksel Lund Svindal. Both are very well-known personalities and have a close association with Porsche as a brand. Our topic today is success – on and off the pitch and piste. We'll ask our guests what is the right attitude, how do you stay motivated and how do you approach challenges, such as coronavirus? In today's climate, it's best to chat online, rather than in person. We are therefore linking up with Sami and Aksel from Turin and Oslo. First, let us introduce them briefly.

[00:01:26] **Speaker:** Sami Khedira was born in Stuttgart in 1987. He started playing football at TV Oeffingen. He joined VfB Stuttgart as a youth, stayed until July 2010, and the midfielder won the German league title there in 2007. In 2009, he made his debut in the German national team before he joined Real Madrid after the 2010 World Cup. Khedira celebrated his greatest successes there, winning the Copa del Rey, the Spanish championship, as well as the



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Champions League and the Fifa Club World Cup in 2014. In the same year, he also won the World Cup with the national team in Brazil. Since the 2015/2016 season, Khedira has been under contract in Italy with Juventus Turin. Encouraging and supporting young talent has always been close to his heart. In 2016, he was awarded the Order of Merit of the State of Baden Württemberg for his commitment to disadvantaged children and young people, including the founding of the Sami Khedira Foundation. As an ambassador for the Porsche youth development programme Turbo for Talents, Sami Khedira has been passing on his extensive experience as a professional sportsman to young talent since 2018.

Aksel Lund Svindal was born near Oslo in 1982. He began skiing at the age of three and has become one of today's most successful skiers. As an all-rounder, the Norwegian won 36 races in four out of five ski disciplines in the Alpine Ski World Cup, setting a new Norwegian record. Svindal had a professional career in the Alpine Ski World Cup that lasted 17 years and won Olympic gold twice. He is a five-time world champion and has won the overall World Cup twice. Despite serious injuries, Svindal has always fought his way back to the very top and remains an exceptional athlete thanks to his likeable, down-to-earth manner. In February 2019, he announced his retirement from racing. He invests in start-ups that focus on the environment and sustainability issues. In his free time, Svindal is a passionate freeride skier and has appeared in several documentaries. In 2020, his autobiography "Greater than Me" was published. He has also been a Porsche brand ambassador since September 2019.

[00:03:55] **Sebastian Rudolph:** Hello Sami, hello Aksel! I am so pleased that you could join us here today. Sami, how are you finding the current coronavirus situation in Italy?

[00:04:04] **Sami Khedira:** Well, I think that, like all over the world, it is an exceptional state. The situation is very difficult. You have to do without a lot of things, especially here in Turin. As professional footballers, we naturally have very strict hygiene rules from Serie A. That means we are not allowed to see many people, or we should not see many people. We're at home a lot or on the training field. We get tested often and just stick to the measures prescribed by the government. That's why it's a crazy time. But I think we should just stick to the rules, so that we can get out of this pandemic relatively quickly with the vaccinations, and hopefully better weather.



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[00:04:43] **Sebastian Rudolph:** Sticking to the rules in these crazy times: Aksel, what's the situation like where you are, in Norway?

[00:04:49] **Aksel Lund Svindal:** Where I live, in Oslo, I think the situation is exactly the same as it is everywhere else. You have to be very strict with yourself. You have to take care, wear your mask everywhere you go and keep your distance. You have to meet as few people as possible, especially no new people. That means you can't make new friends in these times because you can't go and meet anyone. But we still try to have a little bit of fun whenever we can to make the time pass a little faster. Just sitting in one's apartment for a long time is rather difficult. We try to go out a little, but we always have to think whether something is a sensible thing to do.

[00:05:28] **Sebastian Rudolph:** I can well imagine how it must be for someone like you Aksel, who likes to be active. I can see you're very disciplined, something that is necessary whether it be in sport or in one's private life, like now. What do you draw on from your time as a sportsman – in terms of mindset and attitude – even in a coronavirus crisis like this?

[00:06:01] **Aksel Lund Svindal:** Throughout your career, you have times, years, months when things are going really well, when everything is actually going well. But the dividing lines between "everything is going perfectly" and one minute later it's not going at all – because of an injury, for example – the dividing lines are very, very fine. That can happen really quickly. Then you have to completely change your mindset from one day to the next. It's almost better to think immediately: "This is a new situation now!" Then you can work much better towards a new goal. Then you look ahead again and every day things improve a little. That's almost easier for me than lying to myself and thinking, for example, that the coronavirus will be over in a fortnight. It won't be over in a fortnight. Then it's better to think that a time is now coming that will be different, more difficult, and life will be different. But it's a question of time and at some point it will get better and you can look ahead again. I think that, as an athlete, you get used to making a new plan very quickly. If plan A simply doesn't work, then there's plan B, plan C, D ... There are many plans. It's about being flexible and setting new goals. It's a mindset that you're just used to as an athlete because a lot of things change quickly.



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[00:07:15] **Sebastian Rudolph:** Looking ahead, setting goals, also this positive mindset, always keeping a good attitude. Let's pass the ball to Sami: you were a champion in Germany, in the Spanish League and also in Italy. You played in front of packed crowds, not to mention winning the World Cup. Now you can at least play football, but in front of empty stands and with a lot of restrictions. What does it do to your mindset, so to speak? What's important?

[00:07:41] **Sami Khedira:** Yes, I think that Aksel has summed it up perfectly. Sport, in itself, is not always a steep upward curve. It's similar in life. You think everything is perfect, you have the perfect family, your environment is great, your job is going well and suddenly something unforeseen happens. Then you have to react immediately, and I think that's the most important thing in life. You don't say, I'm going to complain and feel sorry for myself, everything is against me, but you simply have to try to find new ways. It's the same thing for us in football. Of course, the things that make sport so special – playing in front of spectators, the emotions, the adrenaline ... that's all really missing. That's really huge. I would never have thought that the fans were so important for the sport, for football. And I don't think we should ever complain again when fans speak out and say we want to see the best players, we want to have more access to the players. They make sport – and especially football – something special. And what we can do now is to be even more focused in our approach because the game of football is a completely different one. I think you often hear in the media that Thomas Müller is the new manager, how he talks on the pitch, how loud he is and how he comments on the game. That means you can use different tactics, you can talk or communicate a lot with each other. Normally, with 40,000 people, you don't hear anything. Everyone is on their own, there are many more things that you just do automatically, without thinking or without instruction. And now you can coach a lot more, direct a lot more, but at the same time you have to prepare yourself before the game for the fact that it's another tough game, like every three days.

The fans don't push me, I have to push myself, I have to push my team mates as a team. And those are the differences from before the coronavirus to now. It's all in the mind, all in the head. You have to be aware of that beforehand. Of course you can moan and say: I want the fans! But it's simply not possible. It's just how it is. You have to accept it, look ahead and find other solutions now, in this moment.



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[00:09:44] **Sebastian Rudolph:** That's interesting how you both address this positive mindset and as you say, it happens right there – in your head. It doesn't help to complain, but to look ahead, to see the opportunities, to take chances. Is that something you learn over the years? Because many listeners will ask themselves that, since we have two world champions here in different disciplines. Sami, have you learned that over the years and if so, what's the key, do you have a tip on how to get there?

[00:10:10] **Sami Khedira:** I think first of all you have to do what you enjoy and what you love. That is our profession, of course, but at the same time it is our vocation. And then it's much easier, because if I can and am allowed to do something I love, then it's easier. Of course, you also have setbacks and difficulties, but you can deal with them much better. And this positivity, you just learn it over time. Aksel mentioned it earlier, just on the subject of injuries. I think it's the most difficult thing for any athlete to deal with, especially if it lasts for a longer period of time. I'm talking about a cruciate ligament rupture, which can take six to eight months to heal. To be really strong and see the positive side of it, so to turn that around and say I have more time now to work on my body or my fitness, to just be a better player after the injury. I see it similarly in society. It's like we simply have some kind of injury now and we can't see, or we're not allowed to see, many friends. We can't travel abroad to see friends and family. We can't go to restaurants, we can't go to bars, concerts, cinemas, theatres ... This is an immense intrusion into our oasis of well-being. But still, you have to use the time now. Now, it's normal to have much more time, and time is a precious commodity. If you go about it the right way and say I'm going to educate myself, read more, watch more videos, develop my personality and be interested in other things, then after this phase – and I'm convinced it will end at some point – just like in sport, you're not only a more complete player, you're also possibly a more complete person. That's why it's a new opportunity to do other things that you simply didn't have the time for before. You have to use this opportunity now, understand it and then also put it into practice. You have to look at it positively: I can achieve something new that I didn't have time for before. You shouldn't just feel sorry for yourself and say to yourself, I'm just at home, I'm not allowed to do anything ... I think these are important factors.



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[00:12:16] **Sebastian Rudolph:** These important factors are also linked to a whole host of values. Down-to-earthness, self-reflection from time to time, and at the same time a curiosity, an open-mindedness to learn new things. Lets go back to the snow in Norway. Aksel, what do values mean for sport, for your sport, but also for you as a person and for society? How important are values?

[00:12:41] **Aksel Lund Svindal:** Sami talked about development: that's actually the most important thing for me. Because development is something that goes forward – making something faster, making it bigger, just making it cooler. Development is something that is very important for all people. Important, because it's simply a challenge. It's important for everyone to succeed in some way. And development is also a kind of success. Success actually means that you have been given a challenge and have managed to do it – whether in your private life, in your family, in your own business or in sport. That's what success means to me. My experience is that in sport it's crystal clear because sport consists of competitions. You see who wins and you see development. It's the same in a business or a hobby. Here too, there is development. It's not always easy to measure it, but people still feel it. And that's why I believe that people need development, because they also need this feeling of success. It doesn't have to mean that 100 other people see it, but that you see it for yourself.

[00:14:08] **Sebastian Rudolph:** You mentioned success and also feelings. Let's dive straight into your career, Aksel, and also into your autobiography "Greater than Me". It's about catastrophic falls, terrible injuries and, at the same time, having such an iron discipline to fight your way back again and again and to get out of these crises. To give just one example: 2007, Beaver Creek. You had such a bad fall that you could have died. And exactly one year later you're back at the start of the downhill at Beaver Creek and you end up winning the race. Share that with us a little bit. How do you manage to do something like that, to conquer fears and then be able to celebrate such success at the end?

[00:14:52] **Aksel Lund Svindal:** I think it's a lot of work to come back, especially all the rehab training. But work is not only something negative. It's a challenge. As a footballer, I can imagine it's work that's really fun. Especially when you can do everything with cool people. Then also doing rehab training where you sit in a building and you only get to do four movements and you



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get to do them 400 times. That sounds really boring. It's not enough to just have fun when you win something. You actually have to be able to do the whole journey and enjoy it at the same time. When I went back there, I was very nervous. Being nervous is okay, but I was also really scared. Fear is more difficult for me because when I'm afraid, I no longer think logically. Then I waste so much energy on being scared that I can't focus on the work at hand any more. I knew it was going to be difficult and that's why I started practising this course in my head more than half a year before. I knew there was going to be a comeback and it was going to be mentally difficult. I went over the piste 500 times or more in my head and still I had difficulties.

Then the first step for me was to be honest and not play it cool and say to everyone I have everything under control. It's just not like that. In the end, the solution was for me to be quite realistic, as they say in Norway. For me, maths works and then I thought to myself, this is actually totally stupid. I fell in a section that is 10 seconds long. The whole distance is about 1:50 minutes. That means it's for less than 10 per cent of the whole race that I'm scared. Should I now let this 10 per cent bother me all the way? No, I can't do that. In mathematical terms, the problem is only a tiny part of the whole. This allows me to deal with the problems much more easily. When you look at it as being not so big, it looks much better right away. And if you have a plan that you stick to completely, you can do it.

[00:17:41] **Sebastian Rudolph:** Norwegian maths as a success factor, I'll keep that in mind. Let's take a look at Sami Khedira's career. I've mentioned a few titles, you've already won a lot of additional titles in your career, the World Cup being one. You've climbed the highest mountains in the footballing sense – and at the same time, let me quote from the football magazine "Kicker" where they wrote: "There is almost no injury that Sami Khedira has not had in his professional career." That means you have also gone through deep valleys – in other words, the highest mountains and the deepest valleys. How do you get out of these valleys and then have the strength to go up these mountains again? As a top athlete who has a lot to overcome, to achieve this success practically, for yourself personally, but then also in the team as it's a team sport?

[00:18:29] **Sami Khedira:** Well, Sebastian, you just said it. Before I was on the highest mountains, I think I felt like I was in the deepest valley, but only for a few seconds. Talking about



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me now: winning the 2014 World Cup in Brazil, winning the Champions League with Real Madrid a few weeks before that. Five months before, I had torn my cruciate ligament and medial ligament at the San Siro. That was so painful because I thought to myself: "this can't be happening to me! We have a super team at Real, the World Cup is coming up." I was convinced that we could win the World Cup with this team, with this generation, and then the surgeon says it normally takes at least eight months. From a mathematical point of view, I thought "I have seven months until the World Cup, but I can only train again in another eight months' time. That means I just have to cheat on the maths now. What can we do?" I trust medicine and so we did something relatively crazy and operated on the cruciate and medial ligaments together.

Then came the crucial factor: Aksel, you said earlier that injuries are incredibly difficult, but you can overcome them. I think the most important thing is the people around you. Who can you rely on to support you? Immediately, I said to the surgeon, Ulli Boenisch in Augsburg, "we'll manage it". I was very optimistic. I have Müller-Wohlfahrt, who was with me in the ambulance in Milan at the time and drove with me to the hospital. I said: "Ok, how much time do I have? Six months? I can do it in five." He said to me: "If you work like Lothar Matthäus, 24 hours." I told him I could do it. Of course I had my team: rehab coaches, visual trainers, physiotherapists, doctors... I looked them all in the eye and asked them if they thought they were ready to do it in five months. With a risk, of course, but also with the common sense of not destroying the body completely. But as an athlete you are always at the limits. Sometimes you have to go beyond the limits, but then you realise relatively quickly that now you have to take it down a notch. But you always have to work at the limit to get better, to develop further, but also to heal the injury as quickly as possible. I asked every single person and looked them in the eye. I realised they were ready, they wanted to do it and they would do everything they could. The wife of the rehab trainer I worked with at the time, and who I am still in contact with today and do visualisation work with, told me after the whole thing was over that she hardly saw her husband. But she realised that he wanted to be with me and help me. And we created such a positive energy there that we just believed in it every day, every day at the limit. There were days when I didn't want to, there were days when I also cried, when I doubted, when I was at the end of myself. But then the team was there and immediately gave me energy again.





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At the same time, sometimes a coach and a therapist are just as tired as you, but then you come with your positive energy. And that is the decisive factor: to have a goal. To say that's where I want to go and then to set interim goals: when do I want to run again, when do I want to be back on the field, when do I want to touch the first ball again? That's how you get out of the valley relatively quickly. So you have to have a positive mindset, find solutions and motivate those around you accordingly and approach every day with this energy. Then you can really create something extraordinary. These have always been my experiences, and they have taught me how to get out of it faster and faster. But the positive mindset is the be-all and end-all, and building up those around you with that.

[00:22:03] **Sebastian Rudolph:** It's very interesting to hear how important the team is. You are both excellent individual athletes, whether you are alone on the slopes or as one element of a successful team, like you are, Sami. But what you can then contribute to a team is so important. That's something special. These are very interesting thoughts that you're sharing with us. The topic of being a role model and then also passing on the experience to young athletes is a good transition to our next topic. And before we talk further, let's listen to some facts.

[00:22:40] **Speaker:** Porsche assumes social responsibility in a variety of ways. One example is supporting young people in sport. For years, Porsche has supported the youth work of sports clubs under the motto, Turbo for Talents. Special attention is paid to school, sport, and work balance. At the same time, the programme promotes the development of young personalities. Social aspects and values are also taught. These include team spirit, fairness, passion and respect.

Porsche focuses its support on the company's locations. In the Stuttgart region, the sports car manufacturer supports the ice hockey club SC Bietigheim-Bissingen Steelers, the Porsche Basketball Academy Ludwigsburg and the football clubs SV Stuttgarter Kickers and SG Sonnenhof Großaspach. In Leipzig, Porsche has been a strategic partner for youth development work at the RB Leipzig football club since 2014. The collaboration facilitates access to sport for children from socially disadvantaged families.



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Porsche has also been involved with Borussia Mönchengladbach since September 2020. There, the company sponsors the youth academy teams and has the naming rights for the renowned boarding school for young talent, the Fohlenstall. As part of this involvement, joint training sessions for the personal and social development of young sportspeople are also planned: the programme includes the use of social media, job application training and the importance of sustainability, as well as the prevention of doping, racism and gambling addiction.

[00:24:19] **Sebastian Rudolph:** Turbo for Talent, Porsche youth development – Sami, you are active as an ambassador for Porsche here. What is important to you personally? What would you like to pass on to young athletes, both on and off the football pitch?

[00:24:36] **Sami Khedira:** I am happy that we have the opportunity because it is really an honour for me to be part of the team. And that's what I try to exemplify. We just heard how we have a very important function as a role model and that this covers a relatively wide area. So I think what's important for every young person, no matter what they do, is that they do it with love, do it with enthusiasm, do it with dedication, that's the be-all and end-all. If you don't feel that and if it doesn't come from within, think right from the beginning if it's the right thing to do. Becoming a professional sportsman is not always easy, it's extreme. Aksel, you know how much work goes into it, how much passion and suffering go into it. Just to become famous and drive a big car, for example a 911, of course it's everyone's dream, but it takes a lot of work. It's only possible if you're prepared to suffer and do everything you can to achieve it, putting a lot of things on the back burner. That's why you only do it if it's a vocation, if it's fun for you and you love it, because then you're also ready to go beyond a certain point so that you can become successful in the field. Beyond that, of course, it takes a lot of discipline, because especially as a young person you can't go there and say, I want to become a professional sportsman. An injury could mean the end or a coach might not be enthusiastic about you.

There are or were a lot of footballers I played with who were much, much more talented, who nowadays don't play at all, or if they do, they play in the sixth, seventh or eighth league. They have no money, no success, but they were incredibly talented. That just shows how closely success and failure are linked. That's why it's so important to be disciplined at school. I know it's not always easy. It's an empty phrase "school is important". My parents said it too and it



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annoyed me. But still, it's important to build up a mainstay, so that you don't have to just rely on a professional career. A qualification, simply doing dual vocational training, that's incredibly important. At the same time, the brain is working. I can see that now, as an active athlete. I don't have to do anything on the side, I have a good income, I'm doing great, I enjoy it immensely. But at the same time I have to keep myself busy with other things, because otherwise your mind doesn't develop. It's true, I have to keep myself busy with other things that don't just have to do with football. That's why when you're young you have school or education and sport at the same time. There are so many facets that combine these. You have to learn time management, organise something and see if you are ready for it. That's why I think Turbo for Talent is so important, because we can be role models, we can pass [our knowledge] on and I think it's been a huge success so far and we can do much, much more.

[00:27:31] **Sebastian Rudolph:** Love what you do – we can see that with you Sami, and also with you Aksel. You're also a Porsche ambassador. What does that mean for you personally?

[00:27:42] **Aksel Lund Svindal:** Honestly – I'm very proud of it. I'm a huge car fan and Porsche is somehow an honest car. Behind you on the podcast logo, I can see the different 911 generations. And if you think about the original design, from the beginning of the 1960s, you can see how similar today's cars remain. Always believing in yourself, the DNA, the basic ideas. It also has a lot to do with development, because Porsche's DNA comes from motorsport, and that's why there is this driving force to always be better, to keep on testing, to keep on trying. It's exactly the same with athletes: never being satisfied with the situation as it is, but always thinking ahead, moving forward. Faster, lighter, safer... How can you drive as efficiently as possible? That gives the power to find out how can we do even better, what will be the next generation. The fact that it's so similar to the way of thinking in sport makes me feel at home here. I have always been a car fan. Do you know these Matchbox cars? I had them as a child, including a silver 964. That was my favourite Matchbox car at the time. That was almost 35 years ago now, but this fascination has always been there with me. And it's not just that cars can go fast, I've always been fascinated by the design. I think it's rather cool that I'm here now as a Porsche ambassador.



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[00:29:30] **Sebastian Rudolph:** We have now talked a lot about what makes you tick as personalities, also what you pass on. Let's talk about your role models. Sami, let's start with you. Are there any role models that you can say have shaped your life, whether in your sporting life or in your private life? Who or what has had a formative influence on you throughout your life so far?

[00:29:51] **Sami Khedira:** For me, football was always the biggest influence. I wanted to play football, not because there was a lot of money to be made, but because it was a challenge, competition. Playing together with others, achieving something extraordinary, winning, the life in the changing room ... That's what has always given me the most. Then, during the time when I really became very involved in football, Zinedine Zidane was my idol and my role model. He made football look so simple and elegant. For me, he is an extraordinary sportsman. I was also privileged to get to know him, first as my sports director, then as my co-manager. When I saw him for the first time when I arrived at Real Madrid, I was so nervous that I had goose bumps and started to sweat. It was a very special moment because, similar to Maradona for many, he was the greatest sportsman in my eyes. He has been such a defining figure in sport, and that was always an incentive for me to work harder because what he did was just extraordinary for me. He also won all the titles. He didn't score the most goals, statistically, as there were of course much better players, but he was the reason people went to watch the games – why people turned on the TV, and why they fell in love with football in the first place.

[00:31:15] **Sebastian Rudolph:** Zidane was a formative person on the pitch and later, of course, has been as a manager. You experienced him as a co-manager, and as a manager he also won the Champions League. So not only did that have a positive effect on you, Sami, but also on some of your team mates and colleagues. Aksel, I found a quote referring to you from a German downhill skier, Thomas Dreßen, who said: "I think there's no greater role model than Svindal. It's unbelievable what he has achieved in his career, but also what a down-to-earth guy he is." This down-to-earthness and the kind of a guy you are, surely you've also had a formative experience here. What about your role model? Who or what was your guiding principle?



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[00:31:56] **Aksel Lund Svindal:** With me, it is actually similar to what happened with Sami. For me it was Kjetil André Aamodt. He is a legend in Norway and still the skier with the most World Championship medals. He was my role model, but the cool thing is that I think I was about 18-years-old when I first joined the Norwegian national team. It was in Saas-Fee, Switzerland. I still had posters of him hanging on my wall at the time. I wasn't that much of a fan at 18 any more but the poster was cool and the next night I was sitting at the table with the whole team and after 20 minutes I felt like they were my friends. I was 100 per cent part of the team and not just a kid about whom you say – let's see what he can do first. Everyone was so cool, and after that first time meeting him I was an even bigger fan of Aamodt than I was when I only saw him on TV. There was a great culture within the team and a lot of that was because of him, because he was the team captain. For me, the first six months on the team, besides the races, are still the highlight of my career.

It was a dream for me, when I was a child, to make it into the Norwegian national team. And the fact that I managed to do that at the time when my idol was also part of the team was an incredible feeling. I learned a lot, not only from a sporting point of view, but also as a person. I think we managed something in our Norwegian team that is very important, and that is that we give the boys who come to us a team feeling from day one. It's surely the same with football. The next generation of skiers, those who come next, they have learned something technically new again, which is a bit different from the generation before. If a young footballer can play as well as someone with a lot of experience, then he has a few other qualities that are probably even better than the older player. Because he doesn't have the experience, there has to be something different.

If you have the opportunity to build a team where the youngsters are down-to-earth but at the same time have a sense of security and can be themselves from the beginning, you can learn a lot from the youngsters as well. I'm not sure how it is with the other teams in the World Cup, but the Norwegian team just has an advantage here – the team has a very good culture.

[00:34:57] **Sebastian Rudolph:** The team definitely has an advantage, if you look at all the medals at the Winter Games, you are always really good. But culture as a formative element, sportsmanship, team spirit and learning from each other, that was interesting to hear. Now we'll



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put what we learned from each other into practice with a little quiz. Here's how we're going to do it: I'll ask each of you a question about the other, and give you three possible answers. We'll start with Sami. How old was Aksel when he first went to his grandparents' ski lodge in southern Norway? Three months, one year or three-years-old?

[00:35:43] **Sami Khedira:** I think if you have such a big career, you have to start very early, so I'm leaning towards three months.

[00:35:49] **Sebastian Rudolph:** And of course he's right on target, you score 1:0. Aksel, now it's your turn. How old was Sami when he made his debut in the Bundesliga? 17, 19 or 23-years-old?

[00:36:07] **Aksel Lund Svindal:** 17 is possible but that's really young, so let me say 19.

[00:36:18] **Sebastian Rudolph:** Nice diving header by Aksel, 1:1. Nicely done. 17 is young, isn't it?

[00:36:26] **Sami Khedira:** It is possible. That was 15 years ago, but now many are already playing at 17 years of age. I think the training with the youth development centres and the academies is much, much better. Today's players are much more advanced, much more professional, and physically different. Back then, I was 17 when I joined the second team and about to make my debut at 18, but then I already had my first serious injury, the lateral meniscus, and that's why it only happened when I was 19. But it's still young.

[00:37:04] **Sebastian Rudolph:** It didn't hurt your career, there was a lot more to come. Now the ball is back in your court, Sami, with the following question: In 2005, Aksel won his first World Cup race. Where was that? In Kitzbühel, Beaver Creek or Cortina d'Ampezzo?

[00:37:20] **Sami Khedira:** Beaver Creek.

[00:37:24] **Sebastian Rudolph:** These sporting achievements are amazing. 2:1 to Sami. Aksel, back to you. Sami has played a total of 77 games for the German national football team. How many of them has he won? 39, 51 or 66?



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[00:37:50] **Aksel Lund Svindal:** Well, the German team is very strong, there are many good players. This is a time when Germany was also doing well in the World Cups. I'll say 66.

[00:38:06] **Sebastian Rudolph:** Now Sami has dazzled Aksel a bit with his World Cup trophy. It was 51. You hit the post, Aksel. It was good, but it was the post. So Sami, third question about Aksel. His last race was the 2019 World Cup downhill in Åre, Sweden. Where did Aksel finish there? First, second or third?

[00:38:30] **Sami Khedira:** First. Don't disappoint me now.

[00:38:33] **Sebastian Rudolph:** Personally, I would have said the same, but it was second place. But it has to be that way, Sami, that's very fair of you, because Aksel has the chance to get a draw now at the end.

[00:38:41] **Sami Khedira:** We want to be fair.

[00:38:50] **Sebastian Rudolph:** Underside of the crossbar, but the ball bounced out. Last question for you Aksel. Sami has been playing for Juventus Turin since 2015. How many times has he been Italian champion since then? Two, four or five times?

[00:39:07] **Aksel Lund Svindal:** That should be easy to answer. I'm a football fan, but I don't follow every league.

[00:39:17] **Sami Khedira:** I'll give you a hint, Juventus Turin is the Italian Bayern Munich.

[00:39:22] **Sebastian Rudolph:** Aksel, Juventus is the Italian Bayern Munich. I didn't quite get your answer. Sami passed you the ball, twice, four times or five times?

[00:39:30] **Aksel Lund Svindal:** I'll say five.

[00:39:33] **Sebastian Rudolph:** Gone round the goalkeeper and it's 2:2, a draw. And a scorer's point for Sami Khedira, that's teamwork here.

[00:39:43] **Aksel Lund Svindal:** Now I've had a bit too much help. That would be a red card from the fans.



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[00:39:55] **Sami Khedira:** That was fair cheating.

[00:39:57] **Sebastian Rudolph:** That's why I say, perfect teamwork. But it's truly a fantastic achievement, becoming Italian champions every year indicates the quality of the team. Now, dear listeners, it's your turn, because in this episode of our 9:11 podcast you can again win something.

[00:40:16] **Speaker:** Porsche AG is giving away a shirt from the Porsche Driver Selection signed by Sami Khedira and Aksel Lund Svindal. The competition starts now and will run up to the next edition of the 9:11 podcast. To participate, simply send an email with your answer to the competition question to [911-podcast@porsche.de](mailto:911-podcast@porsche.de). Porsche will draw one winner from all correct entries. Everyone above the age of 18 can take part. The detailed competition rules – as well as the odd hint or two – can be found in Porsche Newsroom at [newsroom.porsche.de/podcasts](http://newsroom.porsche.de/podcasts). Good luck!

[00:41:00] **Sebastian Rudolph:** And now the question. This time Sami and Aksel are not allowed to provide any help. The question is as follows: how old were Sami Khedira and Aksel Lund Svindal when they won their first world titles? How old were they? Simply send your answer by email to [911-podcast@porsche.de](mailto:911-podcast@porsche.de). We look forward to your entry and wish you good luck. Sami, Aksel, today's podcast episode is slowly coming to an end. First of all, thank you very much for the interesting conversation. But there is one more question to finish and we start in Turin, Sami. What is your motivation going into 2021?

[00:41:42] **Sami Khedira:** Actually, just like every year: personal development, to try new things, to stay curious and to try to make the things you did last year better. The keyword is development, Aksel, there we have it again. So I'm just a big fan of no matter what you do, whether it's in sports or in your private life, in business, or whatever, to stay at the top or to get to the top, you have to improve every year. If you don't improve, you automatically get worse and come to a lower level than you were at before. That is my motivation every year. I want to make the most of my personality, my body and my knowledge. I want to learn new things and, from a sporting point of view, of course get back on track, be on the pitch, be successful, help the team and simply deliver a top performance. But also, personally speaking, I want to try to





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become a better person. That means I want to know more, I want to become smarter and acquire more knowledge. I have the time for that. That's just the focus. And – despite the difficult times we are all having, I want to be a good role model, to be positive, to look for solutions, to offer solutions. I want to develop positively with the people I work with and to be happy and then try to pass that on to the wider public. That is my motivation and goal for 2021.

[00:43:16] **Sebastian Rudolph:** Aksel, what about you?

[00:43:18] **Aksel Lund Svindal:** Now, that's inspiration for me ... For me, development is actually the key here. Without development, you simply go backwards. I also want to develop myself, learn something new. I also want to develop the relationships with the people I know well, like family, my girlfriend. In the last 20 years, I spent a lot of time in the Alps in Austria, where I lived, and I haven't seen many people for a year. My goal is, when it's allowed again, to travel a bit and visit the people I know well. I don't want to build the relationships because they're dead – they're not – but I want to develop them further. Because if you don't develop them, then eventually they just die. So I want to develop myself, but also together with the people in my life. Being alone can also be cool, but everything you can do with friends is even more fun and you have more success. People often used to say to children, you're spending too much time on the computer – go out and meet your friends. But during this time I learned that you can also maintain friendships well digitally. That's something that works pretty well. During this time when a lot of people are alone, it's also a goal to call people who aren't at the top of your list. You have friends that you do something with every week and friends that you have less to do with, they don't meet as many people digitally either. And that's why it's also important to call people like more distant friends or ex-colleagues who are not so busy at these times. That is also important.

[00:45:50] **Sebastian Rudolph:** Then at this point, let me say thank you, Aksel and Sami, for this sporty Porsche podcast. Dear listeners, I hope you also enjoyed this episode as much as I did. Please subscribe, rate us, give us feedback and suggestions [911-podcast@porsche.de](mailto:911-podcast@porsche.de) and stay healthy in these times. Bye!