

‘Capturing’ the best moments of the Paralympics in Tokyo



*“I had a lump in my throat when we heard the **Mexican national anthem** at the **weightlifting** competition when **Amalia Pérez** won gold,” recalled Daniela Anguiano, a Tec graduate who traveled to Japan to document the [Paralympic Games in Japan](#).*

The **Monterrey campus professor** said she lived through two intense weeks during her experience in the games held between **August 24** and **September 5** in Tokyo.

“Something clicked the moment I discovered the Paralympic movement in 2017, and I said, ‘This is my work.’”

*“I was a member of staff in this task. I was in charge of some of the **Shooting** and **Powerlifting** accounts on Facebook, as well as on Twitter and Instagram,” she said.*

Anguiano, who graduated in 2018 with a degree in **Marketing**, has collaborated on a number of occasions with the [International Paralympic Committee](#) based in Germany.

She has been a professor at the **Business School** on Monterrey campus since **2019**, teaching **International Business Intelligence**.

Daniela Anguiano en el mundial de paralímpicos en la CDMX 2017 width="900" loading="lazy">
Living the Paralympic and cultural experience

In Tokyo, a normal day for Daniela **involved** waking up at **6 in the morning** to organize her workday, having breakfast at the hotel buffet, and **taking a COVID test** before leaving for the **sports venues**.

*“I feel very happy and fortunate to have been to the Paralympic Games. The experience was so wonderful that I’m **still there in my mind**. I’m very grateful.*

*“I think the best thing I took away from this opportunity was the **interaction with the athletes**. There came a point when I forgot that the athletes had disabilities: seeing their **commitment** was the best experience,” she said.*

Daniela acknowledged that one of the most **emblematic** moments during her coverage of the Paralympics was the participation of the Mexican **Amalia Pérez**, who took the **gold medal in weightlifting**.

*“I **wanted to cry** when I saw her (Amalia) compete. I remember when it was her turn to do the last lift. It was very intense because she was going **for all or nothing, and she succeeded**.*

*“I had the opportunity to **talk to her** at the end of the ceremony, and I realized that she’s a great person,” she recalled.*

https://www.instagram.com/reel/CTncu-fl781/?utm_source=ig_web_copy_link

In her work as a **content creator**, Daniela said she felt **satisfied** with being able to share the **most representative scenes** of this event, in addition to introducing the **Paralympic athletes** to the world.

*“There are still a lot of people who **don’t know about the Paralympic movement**, so my goal is to keep working to be able to make more people aware of it.*

*“Japan is an **extraordinary** country. The Japanese are very **helpful**. I’ll never forget the culture, the food, the places, everything,” she said.*

The beginning of her career

Daniela’s story goes back to the **beginning of her degree course in 2013**, when she discovered through her brother that she could study under an **international format**, which would give her a **new perspective**.

International Honors Programs (IHPs) are agreements with **more than 500** recognized foreign universities in which students receive an **additional degree** to the one they get from [Tec de Monterrey](#).

*“When I started my degree at the Tec, my brother was studying under an **international format**, and I said, ‘Well, why not me? I want to do it too.’*

*“Once I had studied abroad in France and had a master’s degree in **Digital Marketing**, I had to decide where to do my internship, whether to do it there in France or in Germany,” she said.*

The **Tec graduate's** options were to do a four-month internship with the **International Paralympic Committee** in Germany or work for a renowned French sports brand.

"The big difference was that in France I was paid and in Germany I wasn't," she recalled.

Daniela Anguiano corresponsal en el mundial de paralímpicos en la CDMX 2017 width="900" loading="lazy"> **Content creator with a social commitment**

Daniela said that making her decision on **where to do her internship** was based on fulfilling **one of her biggest dreams**.

*"From the start, I said I wanted something with **sports and society**. That's how I decided to go to the Paralympics because it fulfilled that purpose,"* she said.

It was in 2017 when the graduate went to **Germany** to do her internship as part of her master's degree in **Digital Marketing**.

"During my time at the International Paralympic Committee, I created content for several of their Facebook, Instagram, and Twitter accounts.

*"I also managed accounts for world sports federations such as **swimming, track and field, and weightlifting**,"* she said.

Daniela said that she had the opportunity to be part of the **Paralympic World Championships in 2017** at the end of this experience.

"On the date I had to return to Mexico, the Paralympic World Championship was held in Mexico City. That's how I ended up working for the committee as a community manager and reporter," she recalled.

*"From the beginning, I said I wanted something with **sports and society**. That's how I decided to go to the Paralympics because it fulfilled that purpose."*



width="900" loading="lazy"> **The dream of the Paralympic Games**

*When you work in that environment, your dream starts to become ‘I would love to go to an **Olympic Games**,’*” said the Tec graduate.

So, when the games in Tokyo came up, I was already **out of the running**, she added. I was no longer working with the committee, but **I’d made very good friendships**, and there’d also been **great teamwork**.

*“Suddenly, about six or eight months before the games in 2020, a friend I worked with calls me and says ‘**Hey, I want to invite you to the games**,’ and I couldn’t believe it,”* she said.

With the change of date due to COVID-19, Daniela had to wait **more than a year** to see this dream come true.

In order to enter Japan, Daniela had to comply with the **health measures** required at different stages.

“First, I had to get a COVID test at 96 hours and another one at 76 hours before traveling. Plus, I had to quarantine for 15 days.

“They also had to fill out a certificate for me and send me a Pre-valid Card, which is like a kind of special visa to enter Japan for the Games,” she said.

She added that once they arrived in Japan, they were **quarantined at the hotel**, where a new COVID test was performed which needed to come out **negative in the next 5 to 8 hours**.

“It’s a demanding process with a lot of requirements, but the truth is I was going with the attitude of doing everything I had to do to be there,” she said.

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Sharing her pride as a Ted graduate

Daniela said she feels **happy and proud** to have had this opportunity and **grateful** to all the people who have helped her **forge her career**.

*“I feel proud to have made the decisions I’ve made but also grateful to those who have supported me because without them and without the opportunities that have come my way, **I wouldn’t be here,**” she said.*

She also shared her motivation and hope of **being an example** of dreams **that can be achieved**.

*“It’s worth it to dream. **You never know where you’re going to end up,** but don’t worry about making the right decisions. They’re all learning experiences and will lead you somewhere.*

*“Don’t do things so you can put them on your résumé. **Do them because you want to live and enjoy life,**” she said.*

Follow the **Tec graduate’s** work on the official **International Paralympic Committee pages**:

Shooting: [Facebook](#), [Instagram](#), [Twitter](#)

Powerlifting: [Facebook](#), [Instagram](#), [Twitter](#)

With information from Ángel Solís.

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