

Women Empoerment Through Sports

GOOD PRACTICES HANDBOOK



With the support of the
Erasmus+ Programme
of the European Union





COLOPHON

Key subject:

Good practices for women empowerment and social inclusion of women through sport in Europe, Asia and Africa.

Publisher:

Champions Factory

Copyright:

Champions Factory

Language:

English

URL:

www.womenempowerment.eu

Copies:

60

Date and place:

June 2019, Sofia, Bulgaria

This handbook was written by **Champions Factory (Bulgaria)** in collaboration with **Mine Vaganti NGO (Italy)**, **Neema Community (Kenya)**, **Go Sports Nepal (Nepal)**, **Chamwino Arts Center (Tanzania)**, **Bridging The Gaps Organization (The Philippines)**, **Tanzania Youth Cultural Exchange Network (Tanzania)** in the framework of the “**Women Empowerment Through Sports**” project.

The co-ordination of the project **Women Empowerment Through Sports** was carried out by **Champions Factory, Bulgaria**.

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This publication arises from the project “**Woman Empowerment Through Sports**”, which has received funding from the **European Union** in the framework of the **ERASMUS+ Program**.

The information provided in this document is for your information only. The authors and the “**Women empowerment through sports**” project accept no responsibility for the accuracy of the information.

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Bulgarian Good Practice.

Organisation: Champions Factory, Non-governmental organization

Country: Bulgaria

Main contact: Shirin Amin, *championsfactorybg@gmail.com*

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Project Title: Sport for Sustainable Development

Summary description of the project and primary motivations: “Sport for Sustainable Development” was a two-stage international activity that gathered 30 young people from 9 countries (United Kingdom, Romania, Lithuania, Italy, Spain, Bulgaria, Poland, Slovakia and Croatia) and developed their skills on how to use sport as a tool for sustainable development. Youth workers were involved and empowered to bring out the potential of the youngsters they work with and learned how to use sport and act as multipliers. The first activity of the project was a seminar that was held in Bansko (Bulgaria) in the period 18 – 25 April 2017, while the second activity took place in Tenerife, Spain in October 2017.

Project goals: Project goals:

- To develop long-term partnership among partner organisations
- To explore the meaning, relevance and potential of sport as a tool for sustainable development of youth.
- To explore and compare how NGOs within Europe work/ approach/develop soft skills through sport in young people in order to provide the sustainable development of their areas/countries
- To develop new Education through Sport tools, to be added to Champions Factory Tools Book
- To teach the participants how to develop soft skills in youth through sport in order to ensure sustainability of the population.

Target groups : In the project are involved European youngsters, aged between 18 and 30, with experience with sports or youth work.

What the intervention is about: To feel an European citizen, one must be involved in European activities, and a project such as this one represents a part of the European society's activity. The young people involved in the project became more conscious and as a result, they became more active European citizens. After returning home, they were more motivated to engage bothers in sports activities. By introducing them the basics of volunteering in sports and entrepreneurial thinking they were encouraged to create their initiatives using sport for social benefit.

Achievements: The project had two main activities and multiple follow-up presentations, workshops and huge impact on local level. The Youth workers involved in the both activities reached more than 500 young Europeans through their work in the first 6 months after the end of the second activity of the project. The participants in “Sport for Sustainable Development” continue to reach many more youngsters afterwards.

Tanzanian Good Practice.

Organisation: DAR ES SALAAM REGION FOOTBALL ASSOCIATION (DRFA) - non-governmental

Country: Tanzania

Main contact: Said Nary, saidynary12@gmail.com

Website: www.drfa.or.tz/

Project Title: Sport for Sustainable Development

Summary description of the project and primary motivations: Dar es salaam Region Football Association has been running a training program for school girls in different schools in dar es salaam so as to teach them how to play football and also to improve and discover talents. Example of schools which are in this program are kinyerezi primary school, Makongo Secondary school, airwing secondary school and trivial school. DRFA is the only association in TANZANIA that each year contribute 95% percent of players in National women Team. This program has helped a lot DRFA in tournaments, creating different teams and discover ne tallents.

Project goals: To teach school gilrs how to play football and also to improve and discover talents.

Target groups : School girls aged between 7 – 19 found in primary and secondary schools in Dar es Salaam.

What the intervention is about: Teaching school girls how to play football and also to improve and discover talents.

Achievements: This program has helped a lot DRFA in tournaments, creating different teams and discover ne tallents making DRFA as the only association in TANZANIA that each year contribute 95% percent of players in National women Team.

Organisation: DAR ES SALAAM REGION FOOTBALL ASSOCIATION (DRFA) - non-governmental

Country: Tanzania

Main contact: Said Nary, saidynary12@gmail.com

Website: www.drfa.or.tz/

Project Title: Women Teams Tournaments

Summary description of the project and primary motivations: Dar es salaam Region Football Association has been creating and participating in different tournaments so as to discover new talents and also to empower women through sports. There are more than 3 tournaments in a year covering three level of teams which are under 20, under 17 and senior level. These tournaments have helped DRFA get new players for different level national teams. Example of those tournaments are UMISETA, COPA COCACOLA, AIRTEL RISING STARS, National women league, Regional women League, secondary women league and more others. DRFA is the only association in TANZANIA that each year contribute 95% percent of players in National women Team.

Project goals: To discover new talents from different teams in Dar es Salaam region.

Target groups : Women teams from 5 Municipals (women age 12 - 25)

What the intervention is about: Discover different tallesnts as well as to Get Skilled players for different Teams.

Achievements: This program has helped a lot DRFA in get different skilled players making DRFA as the only association in TANZANIA that each year contribute 95% percent of players in National women Team.

Organisation: BRAC Tanzania, NGO

Country: Tanzania

Main contact: Learning and Development Manager, Mr.Naamala Samson, naamala.samson@brac.net

Website: <http://www.brac.net/brac-tanzania>

Project Title: Empowerment and Livelihood for Adolescents (ELA)

Summary description of the project and primary motivations: Young women in Tanzania face tremendous challenges. 40% of girls are pregnant or have had a child by the age of 18. 1 in 3 girls in Tanzania has experienced sexual violence before their 18th birthday. The unemployment rate in Tanzania is 13.4%, out of which 53.3% are youth and 33% more women than men. Tanzania shoulders 8% of the global burden of HIV and 10% of the 1.4 million Tanzanians living with HIV on the mainland are adolescents and of them, 45% are adolescents with the majority being females. Our Empowerment and Livelihood for Adolescents Girls (ELA) programme is designed to address the above challenges by empowering teenage girls in Tanzania. We provide safe spaces for them to socialise, and receive mentoring and life skills training and combine it with financial literacy training and customised micro-loans, which socially and financially empowers adolescent girls. NoVo Foundation is funding this project for 5 years.

Project goals:

- To improve the quality of life of adolescents, especially vulnerable girls through social education and financial empowerment.
- Increasing girls awareness and knowledge, and develop skills on reproductive health, unwanted pregnancy, early marriage and HIV/AIDS.
- To promote awareness on gender discrimination, abuse and all forms of violence, and encourage meaningful participation in decision making.
- Creating income generating opportunities for the girls.
- To build confidence and instill a sense of self-worth in these girls, and encourage positive behavioural changes to improve their quality of life.

Target groups : Girls between the age of 11 to 24

What the intervention is about:

1. Creation of safe spaces for girls
2. Advocating for girls' rights
3. Linking girls with micro credit support
4. Training girls on life skills based education and entrepreneurship
5. Using sports, every Friday, to mobilize and give awareness concerning life skills

Achievements:

- Provided 220 adolescent girls with livelihood training
- 719 girls received vocational training with input support
- Establishing 180 safe spaces and girls clubs
- Improving physical conditions of girls through outdoor activities, i.e. sports and games (e.g. netball, chess, etc.)

Kenyan Good Practice.

Organisation: Gathimba Edwards

Country: Kenya

Main contact: Peter Githingi, peter2009ke@yahoo.com

Website: <https://gathimbaedwardsfoundation.org/chaka-youth-football-project/>

Project Title: Chaka Youth Football Project

Summary description of the project and primary motivations: Chaka Youth Football Project uses football as a vehicle to encourage children into school, away from the drug and gang culture of the local area and include them in the local society in active participation. The project was set up by Peter Githingi in 2005 on a bumpy grass field in the Central Kenyan town of Chaka, which has population of approximately 17,000.

Project goals: Peter and Gideon Gathimba have been good friends for many years and on Myles' second trip to Kenya back in 2012 the pair visited the project to see for themselves the work that Peter was doing to help children in Chaka. Children must be attending school if they are to be allowed to join in the training. Peter is an extremely enthusiastic, organized and charitable person. It is a real pleasure for us to be able to support his work and an honor that he is now working with Gathimba Edwards on a number of different projects.

Target groups : Children/Teenagers

What the intervention is about: Gathimba Edwards aimed to teach them and to help them for future integration. The initiative planned 10 visits of different shelters in Kenya. During this period, they will show presentations and make practical application of the classes. For the theoretical part will be prepared presentations for safety and proper moment in the city, and games and quizzes too. In the practical part was included bicycles and training session for those who can't write. After this Gathimba Edwards give them one new bicycle and a helmet for each shelter.

Achievements: Hugely impressed by the motivation and work ethic the children showed during the practice and saddened by the poor quality of equipment they were operating with, Myles headed back to the UK in search of a sponsor to donate some new kit and equipment. Prosource.IT – an IT services company to the oil and gas industry in Aberdeen – and who are now Principal Sponsor of the charity, kindly donated 1,000 which bought tops, shorts, and socks for each of the kids as well as equipment such as cones, balls, and goal frames. Peter has now guided hundreds of children through this inspiring project which has drastically improved the school attendance levels of all youngsters involved.

Organisation: Mathera Youth Sports Association

Country: Kenya

Main contact: *info@mysakenya.org*

Website: <http://www.mysakenya.org/programs/girls-programs/>

Project Title: Go Out and Lead

Summary description of the project and primary motivations: Go Out and Lead Project is a girls' program. The main objective of this programme is to empower the girls in MYSA and the community at large. We have a total of over 15000 girls who are registered in MYSA leagues and also take part in GOAL activities excluding the girls in the neighboring community who are not MYSA members. The programme runs in the 16 zones in Eastland region where MYSA operates.

Project goals: The girls take part in various activities and programmes in MYSA through girls' program known as G.O.A.L (Go Out and Lead). During the MYSA leagues and in schools through the girls' club, MYSA train, council members, female mentor coach and supervise GOAL activities. Girls take part in various programmes which include; governance, slum libraries, employability program, sports program, advocacy, youth exchange programmes, and leadership and awards.

Target groups : Girls

What the intervention is about: MYSA aimed to empower the girls in in the community large. In the employability program which is managed by a female in MYSA, they equip girls both from MYSA and the communities around with skills required in various careers and workforces, thus helping in minimizing unemployment in Kenya. The girls take part in sports program as either football players, Referees whereby they are trained as match officials and help in officiating and running of the MYSA girls' league. MYSA girl's also takes part in community service programme whereby we do community cleanups, plant trees in the communities MYSA through passing of information.

Achievements: G.O.A.L project runs in the 16 zones in Eastland region where MYSA operates. The initial pilot started with 55 girls in a one-week intensive workshop. Evidence from the pilot confirmed the need to have more ongoing, longer term support for adolescent girl-specific topics. From the initial batch of attendees in the pilot, 25 girls were selected to receive further training to become peer trainers (TOT training). The curriculum was further developed and expanded and group coordinators to support the peer trainers and manage the four regional groups where GOAL! operates were also trained and put in place.



Italy Good Practice.

Organisation:	Istituto Comprensivo Monte Rosello Basso, Sassari, Italy
Country:	Italy
Website:	https://twinspace.etwinning.net/11187/home https://www.facebook.com/groups/1631537980440400/?fref=nf https://www.instagram.com/unitedweplayunitedwewin
Project Title:	United We Play, United We Win: Developing Social Skills And Inclusive Education Through Sport And Outdoor Activities

Summary description of the project and primary motivations:	<p>As teachers and educators we set up our project with the idea that our students should live and act in a positive and confident atmosphere at school, at home and anywhere else. So the way to reach this goal was to create a peaceful, relaxing and challenging atmosphere where they could strengthen, train, develop their learning abilities, education, awareness and knowledge for their future life to better support competitiveness and employment at all levels and to live a satisfying future life.</p> <p>The main concept of the project named “UNITED WE PLAY, UNITED WE WIN: DEVELOPING SOCIAL SKILLS AND INCLUSIVE EDUCATION THROUGH SPORT AND OUTDOOR ACTIVITIES” was to use sports and outdoor activities as attractive and powerful interdisciplinary educational tool for achieving outcomes on several levels: a healthy and physically active lifestyle; inclusive education; knowledge and learning through innovative methods by making educational environment friendlier, more open and in line with individual needs of every single student; tolerance and respect for other people and cultures, better understanding of their own personal qualities, confidence and self-belief, perspectives for their future development as active members of the European Community. Alongside with sports and learning activities students were taught and trained to social skills – to cooperate and collaborate as part of a team for achieving a common goal, to be leaders, to communicate, express opinions, make decisions, to support weaker members of the team, to be tolerant and caring to others, to oppose negative influences and also a very important aspect: students taught and learned to and from one another.</p> <p>The participants of this project were seven European countries: Bulgaria, Iceland, Italy Lithuania, Romania, Spain and Turkey. Three of the partners – Bulgaria, Iceland and Turkey hadn’t had experience in this kind of international projects. Turkish, Romanian and Lithuanian schools were located in rural areas, three partner organizations were in small towns – Iceland, Italy and Spain and the other two partner organizations were on remote islands – Iceland and Italy (Sardinia). Two partners – Bulgaria, Romania were countries with the lowest living standard in Europe.</p> <p>All partner organizations of our project were state public schools with students (our target groups were students from 10 to 14 and from 10 to 16 disadvantaged students) who needed support for achieving better educational standards, personal development and perspective for future social and professional accomplishment – students with special needs and students from socio-economical disadvantaged families at risk of early school leaving.</p>
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Summary description of the project and primary motivations:

The desired impact of our project was spreading among people on different levels (students, teachers and other stakeholders) that everybody could concur and contribute to make educational environment friendlier, more open, accessible, exciting, stress-free, attractive, engaging and stimulating for everyone. The idea of a systemic use of learning by enjoying through using different and attractive tools was an innovative aspect to be shared in every school and everywhere.

The availability of the results, as public teaching resources, accessible for all users from the educational media also after the end of the project, are ensured by their presence on the following platforms: TwinSpace, Erasmus+ Project Results Platform,

Project goals: To train state teachers of the partner organisations to bring Education through Sport methodologies back to their respective countries and schools so they can implement it in the schools in which they work.

Target groups : Teachers, and school students (Targets groups were students from 10 to 14 and from 10 to 16 for disadvantaged students)

What the intervention is about: They realized, as experienced teachers, that students between 10-14 year olds, were the target group. These students become less interested in studying and learning. It may depend on: the age, they are growing up and having a lot of changes in their body; on the static and impersonal character of teaching which destroys their motivation and no more in line with the individual needs, on the lack of a peaceful and relaxed atmosphere at home. The consequences of this distress will lead, above all the disadvantaged learners with any incentive motivation to go on studying, learning, to failure, surrender and leave school before completing their studies. After analysing this situation, the partners came to a decision, in order to make less severe this delicate period of their lives, they, as teachers, educators and pedagogues, provide them, using learner-centered and task-oriented methods, a positive and confident atmosphere at school, at home and everywhere through sports and outdoor activities. Through this project they strived to join schools, students, teach healthier lifestyles, develop social skills, improve Foreign languages and ICTskills, include students with special educational needs, prevent early school leaving through a more attractive and supporting educational environment that is studying and learning by enjoying. Among the most important problems all teachers face in their practice is students' motivation and the impersonal character of knowledge which is static and not in line with the individual features and needs of every student. Another major problem is that educational systems are too conservative and fall behind the real needs of young people who finish school. Making their first steps as independent adults they are expected to command social skills and abilities which they actually have not or not enough been trained at school. Civil education and personal development are often underestimated and are not a subject of curricula or are considered as additional benefits of education. What is more, a significant number of school graduates don't have a clear idea about their personal qualities-strengths and weaknesses, interests and plans for future development.

What the intervention is about:

The Intellectual Output of the project is designed to give practical help to teachers and students to solve some of the problems in educational systems: Teachers are supported to: provide more friendly and flexible educational environment, in line with individual needs of every student; prevents students at risk from early school leaving; make knowledge and learning more accessible and comprehensible through innovative teaching approaches which could be used further in other educational contexts; shift the emphasis of their educational functions from pure teaching of knowledge to more complex attitude towards the overall personal development of children and young people. Students are taught and trained to: adopt healthy lifestyles, communicate, express and justify opinions, discuss and negotiate make choices and decisions set objectives; act as a part of a team for achieving common goals; accept and support the weaker members of the society; oppose negative influences; expand their general knowledge; build tolerance and understanding between cultures; adopt positive and active attitude to school and society.

Achievements: Pedagogical aims:

1. Sport contributes to the community identity, as a main point for personal interaction and community engagement.
2. Sport can be used to address social inequities and disadvantage.
3. Sport has the potential to reach a wide cross-section of community members.
4. Sport can be used to support the people's leadership opportunities in a number of non-playing roles-referees, administrators, coaches, trainers, etc.

Physical and social skills trained:

Sport helps to gather the community and create new relationships among disparate social groups. It brings people together for play, talk and shared experiences. Voluntary activities enrich people's lives and improve their connections within the wider community. The students' participation in sport may contribute to their academic performance, teach valuable life skills, leadership, social competence and integration, control weight, teach problem-solving and self-esteem skills.



Nepalese Good Practice.

Organisation: Go Sports Nepal

Country: Nepal

Main contact: *shrestha.007@gmail.com*

Website: www.facebook.com/gopsortnepal

Project Title: SDG Girls

Summary description of the project and primary motivations: Hiking program was organized among 11 school girls football team. The Program goal was to provide opportunities for them to have brief knowledge about 17 Sustainable Development Goals. Program was based on non- formal education with play based activities. The participant school were Nepalaya English Public School, East pole School, Venus public School,RIMS School, Saraswati School, World youth School,Swet Barahai School,Arunima School,Manakama HS School,Gokarneshwor School,Attarkhel Bidhyalaya

Project goals: The main objectives of the SDG Girls project:

- Raise awareness on the importance of 17 Sustainable Development Goals
- Develop Habits of hiking to become more active, sporty and healthy Citizen.
- Develop Networking and Co-operation among Schools through Hiking among students.
- Provide opportunities for young people with fewer opportunities through sport-based non-formal education and foster their inclusion through sport activities.

Target groups : The primary target group of the project were young Girls from Local Schools,which has less access to sports activities and program

What the intervention is about: The program of the Hiking involved an outdoor sport event with the participation of Young Girls Football players. The Hiking event had the main goal of promoting active and healthy lifestyle, friendship and networking among local schools. The impact of this event was to increase awareness on the importance of 17 Sustainable Development Goals with sports activity which also helped them to learn about leadership,team building and tolerance.

Achievements: The Hiking Event was based on non-formal education methodology involving education through sport based practices. In overall the project aimed to boost knowledge on the principles of healthy and active living. Each School Team was given Task to make report about 17 Sustainable development Goals and learning outcome of hiking. After 1 week of Hiking Program we organized football competition among 16 School Team to win SDG Cup 2018.We plan to make this SDG Cup Annual Event from 2019.

Philippine Good Practice.

Organisation: Gawad Kalinga thru BTG Philippines

Country: Philippines

Main contact: Elly Gragas, ellygragas@btgphils.org, +639 218 428 395

Website: <http://www.gklworld.com>
<https://www.facebook.com/gawadkalingasipag>

Project Title: GK SipaG on Wheels

Summary description of the project and primary motivations: GK SIPAG aims to help the youth in GK communities to reach their full potential through the sport of football. The program not only serves as a form of values formation for the GK kids and youth, but it also aims to provide talented GK children access to educational opportunities through the sport.

Project goals: The program means to use football to add structure, values, and discipline to the lives of underprivileged youth as early as 7 years old until they reach 18 years old. SipaG seeks to promote both social development and grassroots as a youth development program for the future nation builders. For starters, we've put up an academy in Metro Manila, at most 50 kids from 7 years old to 12 years old to train twice a week in one particular location throughout the year. A major chunk of our expenses is the logistical cost, such as transportation. We are aiming to purchase a vehicle where we can shuttle children back and forth from training area to their communities.

Target groups : 7 to 12 years old kids within GK SipaG Academy

What the intervention is about: Football is the main intervention in a grassroots level.

Achievements: The Gawad Kalinga Football program has for years partnered itself with other foundations which are into the propagation of grassroots football. The LBC Foundation was with GK in the conduction of the Liga GK games, a home and away futsal tournament for kids that had been implemented for four straight years. The Moran Foundation is linked with GK in the Liga Eskwela futsal games, a schools-based futsal festival program which has been running for three years already. The Fairplay For All Foundation has tied up with GK in the execution of its Metro Manila Futsal League (MMFL). These series of activities and tie ups has produced GK football and futsal players who learned to love the sport and who continue to play the game, representing GK SipaG and their respective schools in various tournaments here and abroad. The more senior players have secured for themselves varsity scholarships that afforded them to college education. And recognized partner of international groups like Coaches Across Continents and Asian Football Federation in their CSR's initiatives.



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