Bidna Capoeira

Bidna Capoeira is a sport and psychosocial support charity which uses the Brazilian dance and art form of Capoeira to help children in refugee camps. Our programmes alleviate alienation, mental distress and break cycles of violence amongst children in refugee camps and emergency situations.

OUR WORK
The BEST way to understand our work is to watch the following videos.

http://www.youtube.com/user/BidnaCapoeiraNGO#p/u A short video on Bidna Capoeira’s work
http://vimeo.com/26618922 Capoeira in Al Tanf Refugee camp between the Syria and Iraqi borders

SUMMARY
Bidna Capoeira is a non-governmental sport and development organisation, registered as a charity, in the United Kingdom. Bidna Capoeira’s mission is to promote community development and physical and psychosocial wellbeing using capoeira as the main tool in refugee camps and underserved communities. Bidna Capoeira works with the international capoeira community to support its projects. Bidna Capoeira focuses especially on children and women and is a rights based organisation.

VISION
Our vision is to create a platform that supports the capoeira community and (fans of capoeira) to work on psychosocial development projects all over the world using capoeira as the main tool. We aim to create cultural spaces that will benefit the community as a whole.
Projects
Bidna Capoeira has built up the organisation and continues to run the organisation using an international volunteer network. All the administration, core costs, equipment to set-up, project set-up, media, monitoring and evaluation have been and continue to be run by volunteers.

Project Psychosocial Support: Palestine I
Main Donor: United Nations Relief and Works Agency
Supporting Donor: The Ford Foundation, Embassy of Brazil Ramallah
Time period: March 2011 – June 2011

Beneficiaries: 480 children in five West Bank refugee camps and a girls’ school in East Jerusalem.

The focus is on children who have directly experienced armed-conflict, violence such as arrest, house eviction or physical abuse.
www.BidnaCapoeira.org/ProjectPalestine.aspx

Project Psychosocial Support: Palestine II
Main Donor: International Rescue Committee
Time period: June 2011 – October 2011

Beneficiaries: 100 children in two West Bank refugee camps.
Summer activities for children in Nahr al Bard (UNRWA school)
Training of local trainers (ToT)

The focus is on children who have directly experienced armed-conflict, violence such as arrest, house eviction or physical abuse. We work with local counsellors to support and develop our programmes.
www.BidnaCapoeira.org/ProjectPalestine.aspx

Syria - CapoeirArab
Main donors: UNRWA, UNICEF, UNHCR
Time period: 2007 - ongoing

CapoeirArab works in Syria and is the sister organisation of Bidna Capoeira. CapoeirArab work with Iraqi and Palestinian refugees, reformatory centres, abused women and offer ‘Free 4 Kids’ classes. To date CapoeirArab has worked with over 6000 children.
www.CapoeirArab.com
Future Projects

Bidna Capoeira is building up the organisation base to create a platform to support projects internationally.

Bidna Capoeira will draw on its UNHCR/IRC and international links to identify and target opportunities in Africa.

Team

http://www.bidnacapoeira.org/Our_Team.aspx

Trustees
Tarek Alsaleh (Founder)
Ummul Choudhury
Duncan Goldie Scot
Jenny Elliot (Treasurer)

International Volunteer Network
Norway/London/Germany/New York/Palestine/Syria/Ethiopia

Project Staff
Palestine
Syria
United Kingdom

Testimonials

Roger Hearn, Director, UNRWA, Syria

“UNRWA have always understood that sport can play an important stabilising role for communities experiencing emergency situations or deprivation of any kind. Having worked with Bidna Capoeira I think they have the professionalism, innovation and dynamism as an organisation to help in many of the world's problem areas.”
Maurizo Crivellaro, Director for Jordan and the Palestinian Territories, IRC

“It is important to support psychosocial relief work through sport and cultural activities with children in refugee communities. Capoeira is an especially innovative way of accessing and supporting camp communities.”

Omar al Qattan, Trustee, AM Qattan Foundation

“Capoeira is an extraordinarily liberating activity for children in Palestine, many of whom live in constant physical frustration and malaise. Malnutrition, anxiety, cramped living conditions and violence but also cultural taboos that inhibit physical expression. Capoeira offers them a clever, scintillating and fantastically energetic way to vent that frustration and to express themselves. How wonderful to momentarily replace real violence with play!”

Henry Tricks, Tokyo Bureau Chief, The Economist

“Capoeira, with its vibrant combination of sport, music, rhythm and group harmony, is an excellent way to raise spirits among refugees, and to give them a sense of the wider world beyond the confines of their camps. It not only provides a sense of physical balance and grace, it also brings people together with laughter and energy, and can make a world of difference in terms of giving people a sense of purpose in life. It’s an infectious source of fun; there should be much more song, dance and communal sports in all communities shorn of hope. It gives something to look forward to.”

Diyala, Psychosocial Counsellor, Jalazoun Refugee Camp

"I hear from teachers that over 70% of girls have made big improvements in learning and behaviour in school since Capoeira classes began... I just hope that the project continues. You need at least a year for the benefits to be fully realised"

Hananan, Mother, Al Tanf Refugee Camp (2006 – 2010) on the Syria-Iraqi Border

“Capoeira is a joyful thing and it is fun. It really changed the mentality of the children and even us.”

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Links and media

About
Bidna Capoeira uses events, social media (including Facebook/twitter/blogs and website) to actively build and maintain an extensive network of supporters and partners.

Bidna Capoeira
The website for Bidna Capoeira.
www.BidnaCapoeira.org

Bidna Capoeira Photo stream
A picture gallery
www.flickr.com/photos/bidnacapoeira/

Bidna Capoeira Facebook
Follow our story on Facebook
www.Facebook.com/BidnaCapoeira

Capoeira Success Story
Our YouTube channel has latest videos from our Projects in the West Bank, Occupied Palestinian Territory
http://vimeo.com/26618922

Selection of Articles

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<td>UNICEF Al Tanf Project article</td>
<td><a href="http://www.unicef.org/emerg/syria_51283.html">http://www.unicef.org/emerg/syria_51283.html</a></td>
<td>2 October, 2009</td>
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<tr>
<td>German article</td>
<td><a href="http://www.ksta.de/html/artikel/130994769419.shtml">http://www.ksta.de/html/artikel/130994769419.shtml</a></td>
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Ein Kampfsport, der verbindet

Von Karin Bellach, 11.07.2011, 13:03h


„Es war nicht leicht, in Syrien etwas aufzubauen“

Nach zwölf Jahren in Köln aber war er dem Ruf eines Vereinskollegen beim Capoeira-Verein Farnes pro Ar nach Syrien gefolgt. Tarek Aalwai (35) war bereits 2007 nach Damascus gegangen, um dort eine Capoeiratschule zu eröffnen. „Es