International Day of Sport for Development and Peace – Sunday 6 April

In 2013, the United Nations General Assembly proclaimed 6 April as the International Day of Sports and Physical Activity, to celebrate the contribution of sports and physical activity to education, human development, healthy lifestyles and a peaceful world.

2014 will see the second annual celebration of the International Day of Sport for Development and Peace take place around the world, to celebrate, International Inspiration will be publishing short case studies and pictures to highlight the unique and inspirational power of sport active in its programmes around the world today.

Go Sisters

The Go Sisters programme in Zambia focuses on empowering girls (aged 12-25) to take the lead in their communities, with peer leaders creating self-managed organising committees to plan and lead educational and sports programmes. Zambia ranks 124 out of 137 countries in the Gender Inequality Index, with girls and young women being amongst the most vulnerable and marginalised members of Zambian society. They face numerous challenges – lower life expectancy, higher rates of HIV/AIDS infection and fewer opportunities to complete secondary education and gain skilled employment. This all leads to less economic security for them and their families. Through participation in these programmes, girls and young women are with leadership skills, public health knowledge, sexual, reproductive and women's rights, inclusive practice, school sponsorship and entrepreneurship. By addressing issues that affect young girls in the community the Go Sisters programme allows them to become equal and productive members of society.

Case Study - Mellen Mubanga

"I joined EduSport in 2008 by then i was not doing anything. I thank EduSport for bringing the Go Sister programme because it has really helped me in so many ways including: organising Sports activities in my community, and leading others. Apart from this, it has also improved my self-esteem and confidence I’m now able to speak in front of many people. I also want to thank EduSport for Sponsoring me because I had been out of school for more than 2 years but with the help you offered am now in school, thank you for allowing me to join the Organisation because without participating in these activities my self-esteem, my coaching and facilitating skills, was not going to be developed I would have been maybe a thief, prostitute or would have ended up pregnant. Because what I have realised is that most of my fellow girls who are just idle in the community are involved in alcohol abuse and prostitution which might lead into contracting HIV/AIDS. Thank you to EduSport and the Go Sisters programme!

Moving The Goalposts

Working with its delivery partner, Pathways is a project that uses football to target girls and young women between the ages of 15 – 24 years who are not in school. These girls are especially vulnerable due to poverty, lack of economic opportunities, limited knowledge of their human rights and poor access to reproductive health information. Pathways also targets additional stakeholders including community members, local and national government officials, partner NGOs in Kenya as well as other organisations working internationally.

Case Study – Millicent

Millicent joined MTG in 2010 when she was “out-of-school”. She was 21 year old, married and mother of one child. Millicent started playing football and was soon trained as a referee. Being in MTG and having discussions with her peers about her future opened her eyes. She felt that she could never grow into the woman she wanted to be for herself, her child and her husband. She wanted to go back to school. Living with her husband and the family-in-law meant that Millicent couldn’t make decisions
for herself. If Millicent was invited to be a referee in a tournament, permission had to be asked from her husband or her mother-in-law.

When the Pathways project started Millicent got her chance.

Pathways could pay a part of her school fees, but Millicent and her family also had to contribute. Millicent’s family-in-law was not happy with Millicent’s wish to go back to school. They were afraid that when Millicent would be educated, she would leave her husband and her child. Her own family was also not ready to support her, since Millicent was part of her husband’s family.

Millicent asked MTG staff to talk to her husband. The husband, himself a secondary school graduate, who was jobless was afraid that he would lose his wife is she got back to school. But when Millicent and MTG staff continued talking to him he changed his mind and the family-in-law agreed to contribute to Millicent’s school fees. Millicent is now in form four. The husband, empowered by his wife, decided also to go back to school. Recently he joined a college to be trained in electronic wiring.

**Tico Tico**

The Tico Tico programme was established by Mozambique’s most famous former national and international footballer Manuel José Bucuane. Known locally as Tico Tico, he was the country’s most capped player and a prolific goal scorer. The programme works with marginalised children Boane, Maputo Province of Mozambique, to enrich their lives by training coaches who then provide safe spaces for children to play sport, access to education and vital life skills.

**Case Study**

António Mucavele

“Here in the Escolinha do Tico field everyone have opportunities for play football and enjoy while we learn issues important for our individual development”

Joana Cossa

“I appreciate this imitative of Escolinha do Tico because provide opportunities for disable people like me to play football with my friends without any type discriminations”

**IDEALS**

IDEALS is a UK Sport-led programme which aims to establish a high quality, progressive and co-ordinated sports leadership development exchange programme between the UK and partner countries for people aged 20 and above. Started in 2006, IDEALS is linked to 10 Universities across the UK and is operational in four countries, working with 10 local organisations, Universities or National Governing Bodies (NGBs) overseas a. Since 2006, 356 British students, 64 university staff members and 31 young professionals have participated in the programme. The programme is directly supported by International Inspiration (IN), a leading international development charity born out of the London 2012 Olympic and Paralympic Games with the aim of inspiring and transforming the lives of young people around the world through the power of sport.

**Case Study**

IDEALS Tanzania Student, 2013

“My time in Tanzania was a life changing experience, as it is for every student. I am just so thankful for the chance to be part of the Project.”