Sport & Play
for Traumatized Children & Youth
Bam, Iran
Introduction

A natural disaster (earthquake) in Bam, Iran on Dec 25th, 2003

30,000 people died, 75,000 became homeless

Survivors/homeless were settled into 16 camps, where they lived in prefabricated housing units provided by Iran government
Consequences / Actions Required

- Destroyed infrastructures and buildings
- Traumatic experiences

- Emergency phase to cover the basic needs of the affected population
- Psychosocial rehabilitation, enabling the shattered lives to cope with the traumatic experiences
Objectives

- Sport as a tool to help the affected population to overcome the distress and traumas and to rebuild social connections

- To improve physical and mental well-being of participants
- To promote basic values through team sport activities to gain social cohesion and integration
- Information sharing on vital issues (health, drug, violence, HIV/AIDS, hygiene)
- Capacity building and empowerment of local sport coaches with the concept of sport for development
- To measure scientifically the impact of sport and play activities on psycho-social well-being of involved children and youth and to serve as a basis for future projects
Why sport?

✓ Popularity of sport
✓ Cost effectiveness
✓ Group/community rather than individuals
✓ Psycho-social potentials of sport
Location / Activities

Within two existing empty warehouses in two camps and one old stadium

Volleyball, Basketball, Gymnastics, Taekwondo, Ping Pong
Constraints

- Lack of proper infrastructure
- Socio-cultural restrictions
- Safety
- Lack of qualified human resources
Participation / Motivation

Some of children were coming to the class right after the school without even taking lunch at home.

At national holidays were the centre was closed children were sitting behind the doors waiting for their coach to open the centre.

Teachers had difficulty to end the classes due to excessive eagerness among children. Boys often continued playing outside the centre after class hours. Some children were cleaning the centre before starting their activity.

They were mentioning to their coaches that his centre has became like the second home for them as they are gaining peace and relaxation there.
Difficulties → Solutions

Hostile atmosphere → Competitions / outside activities (picnics)
New-comers → The older ones to introduce the newer ones to the class (mutual responsibilities)

Lack of trust to coaches → Indirect ways / Friendship circles / letters

Parents Concern → Transportation/ to establish groups to study together/ coaches role as mediators, group discussions on vital issues

Sport coaches → Capacity building through 2 workshops
Monitoring and Evaluation

- Periodical reports (Daily, weekly, monthly)
- Interviews with Coaches, Parents, Children
- Questionnaires
Sustainability

- Infrastructure Guarantee
- Capacity building of local team
- Local fund raising for maintenance / incentives
- Voluntary work
- Link with other communities
Thank you!