



Psycho-social sport programmes to overcome trauma in post-disaster interventions

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Executive Summary

Sport is increasingly being recognised by development organisations and international sports associations alike as having a unique power to attract people and thus could be used as an effective tool to reach development objectives. Sport & Development (S&D) programmes are used to address a variety of development concerns: from peace-building and conflict resolution to the social inclusion of disadvantaged groups such as people with disabilities. Sport is also increasingly being used as a method of trauma relief among populations affected by large-scale disasters. Trauma occurs when a person is exposed to a life-threatening event. These events are usually disasters with either a relatively *sudden onset* that require immediate emergency response or a *slow onset* (e.g. famine, the HIV/AIDS pandemic – disasters which are not discussed in this paper). Sudden onset disasters can be categorised as ‘natural’ (e.g. hurricanes, earthquakes, tsunamis, etc.) or they can be ‘man-made’ (e.g. wars or internal conflicts). An overview of the various actors involved in using sport to address the psycho-social effects of trauma as a result of sudden onset disasters is provided in this paper.

The use of sport programmes as an emergency intervention in post-disaster situations is relatively new. To date, little empirical evidence exists which can confirm the effectiveness of the use of sport for trauma-relief. However, a number of different actors are pioneering this approach. The main actors involved in using sport for trauma-relief are broadly: NGOs and grassroots organisations which mainstream the use of sport in their projects (S&D organisations); humanitarian aid organisations; organisations focused on people living with disabilities; national and international sports federations; multilateral organisations and government agencies. The findings of this overview are based mainly on the information found in the project database of the International Platform on Sport and Development (available at: www.sportanddev.org); various UN reports and conference proceedings; organisation websites and project evaluation reports. In addition, a short survey was sent to the selected organisations in order to obtain comparable data on all programmes.

In addition to providing a general overview and inventory of the organisations involved in using sport to address trauma, an attempt was made to assess the overall quality of these initiatives. The main assessment criteria employed to reach some general conclusions about these programmes are as follows:

- Providing sufficient and high quality psycho-social support, as well as sports activities;
- Prioritising particularly disadvantaged groups such as children & youth; persons with disabilities (PWDs); women & girls, etc.;
- Adapting the sports used in their trauma-relief activities to suit the needs of a specific target group (e.g. persons with disabilities);
- Adjusting the programme according to the timing of intervention in a disaster situation (being aware that needs of an affected population vary from basic survival in the early aftermath to longer-term psycho-social support in the period roughly four months to 2 years after a disaster);
- Ensuring the sustainability of the programme, indicated by the time frame of the programme and the extent to which local partners are involved and can eventually take over management;
- Providing quality psycho-social support and sports services to a large number of beneficiaries;
- Conducting and making available an evaluation (preferably external) of the programme in order to demonstrate impact and to provide valuable information on ‘lessons learned’ from sport-for-trauma relief interventions.

Table 1 provides an overview of the organisations included in this study and their thematic focus (please refer to page 7). Table 2 (please refer to page 24) provides a more detailed summary of their trauma-related initiatives.

The varying nature of the roles, objectives and approaches of each of these organisations is apparent in their respective ways of implementing sport-for-trauma-relief programmes. Indeed, collaboration between these actors seems to amplify the impact of sport-for-trauma-relief initiatives.

This review shows that organisations which mainstream sport into their activities, place a heavy emphasis on the sport component (e.g. in reconstruction of sports infrastructure and adequate sports training for coaches). In addition, it is found that an effective trauma-relief programme must also involve the careful selection of sports and coaches who have some basic psycho-social training. Development organisations are shown to be more advanced in this area. Sports federations were involved in many psycho-social projects as technical or funding partners. Furthermore, it seems that the cooperation with local NGOs is crucial for the success of a project as they are more familiar with the specific needs of the affected

population and the local context. Their involvement has shown to further ensure the sustainability of the initiative. For example, the local organisations Magic Bus, Espérance, The Kids League Uganda (TKL), the Rajarata Personality Foundation or the Cambodian National Volleyball League (Disabled) Organisation all cooperate with national and international partner organisations.

Many organisations employed a ‘train-the-trainer’ approach in their initiatives. As shown by the experience of the SAD project in Iran, trainers are crucial to ensuring the effective use of sport as a psycho-social tool and should not only be familiar with the rules and the technical side of the sport but be able to encourage the development of interpersonal skills among their trainees. Another issue relates to the degree of experience and training of staff – some organisations (e.g. Right To Play) enrol volunteers to implement their programmes. Other organisations implement a ‘youth-to-child’ approach – in which young people from the disaster area are recruited as coaches or trainers. In this case, these young people are often victims of the disaster too and it must be ensured that they can address their trauma before trying to help others. All in all, it is not yet possible to determine which approach (youth-to-child; the use of volunteers or professional staff; etc.) is more effective due to a lack of evidence.

The kind of sport used has proven to be an important component of any sport-for-trauma-relief programme. Football has proven especially popular as a psycho-social tool. While it is known that football has mass appeal all over the world, it is unclear at this point if it is especially conducive to trauma-relief. It is true that some sports can help to foster team spirit, build trust, mutual respect and fair play but not enough information is available on which sports are particularly suited to addressing specific kinds of disasters. For example, some organisations implement the same programme in very different post-disaster situations. It is not known at this point if one particular strategy is suited to all disaster situations.

The majority of projects began in the post-emergency phase (i.e. from the fourth month to 2 years after the onset of the disaster). This is considered to be the period in which people are most likely to suffer the greatest from trauma. In addition, there is one exception – the programme offered by UNHCR chooses to offer trauma-relief through sport in refugee camps from the second to the fourth week after the disaster. As basic needs are generally assured in a refugee camp, involvement in a sports programme allows participants to help establish a routine during their stay and can be helpful in relieving trauma.

This study shows that there is a tendency for interventions to address trauma from natural disasters to have a shorter duration than those addressing trauma from man-made disasters. This could be due to the nature of man-made disasters to be more protracted and relatively more complex than natural disasters. As such, the nature of the intervention seems to be adapted by many organisations to the kind of disaster. For example, some grassroots organisations specialise only in post-conflict situations.

Lastly, the monitoring and evaluation of sport-for-trauma-relief programmes remains a challenge. Most of the organisations included in this study did not have external evaluations of their trauma-relief programmes. The larger issue is that there is no common approach to evaluating the impact of a sport-for-trauma-relief initiative. Furthermore, the variety of actors involved in these kinds of activities will interpret and present the impact of their initiative in different ways. Only SAD, SDC and Tdh evaluated their projects according to scientific guidelines. Organisations should ensure that their initiatives undergo an evaluation not only to improve accountability but also to provide empirical evidence of the impact of their sport programmes in relieving trauma.

1. Introduction

Sport is popular among millions of people worldwide, irrespective of sex, race, culture, religion and social class. Therefore, it is not surprising that development organisations in conjunction with international sports associations discovered the unifying power of sport in reaching development goals on an individual, social, cultural or economic level. Among other programmes, sport programmes are now used to promote: peace-building and conflict resolution; education and youth empowerment; health education and disease prevention; gender equality and the empowerment of women and girls; and social inclusion of disadvantaged groups such as religious or ethnic minorities as well as persons with disabilities.

More recently, sport interventions are also used in the field as a non-medical approach to trauma relief among populations affected by natural disasters or war. Trauma occurs when a person is exposed to a life-threatening event. When subjected to this kind of stress, a person usually reacts with intense horror, fear and/or helplessness. The feelings of helplessness and fear in reaction to this kind of threat is common among people from all parts of the world, however the ways of coping with these feelings differ between cultures. Sport is a universally-spoken language and can be a highly effective means of providing a sense of structure in emergency situations which otherwise might appear chaotic. This may also improve responsiveness to other psycho-social treatments. Although the underlying causes of the beneficial effects of sport programmes are not fully understood yet, there is substantial evidence that engagement in sport can have a tremendous healing power for those suffering from physical and psychological trauma and stress-related anxiety. Through regular scheduled activity, children and adults can begin to regain a sense of security and enjoy periods of respite from the often overwhelming challenge of reconstruction.

Psycho-social sport programmes are rapidly gaining popularity as post-disaster interventions due to their ease of applicability in diverse cultural settings and their ability to reach large groups of victims in a relatively cost-effective way. But who uses such an approach? And how is this implemented in the field? The aim of this paper is to identify the different actors currently engaged in trauma-related sports projects and to discuss their particular methodologies.

2. Method

2.1 Selection criteria

This paper focuses on organisations which promote and use the ‘Sport & Development’ (S&D) approach either as the overarching strategy in their work, or as one among a variety of methods used to address development issues. These organisations include:

- Grassroots organisations which use sport in their projects (especially if their initiatives had particularly significant implications for further sport-for-trauma relief work);
- International developmental and humanitarian aid organisations;
- Organisations focused on people living with disabilities;
- National and international sports federations;
- Multilateral organisations and government agencies (if they conduct trauma-related S&D-projects).

This overview provides a detailed summary of the activities of these organisations, in particular those of NGOs in sport-for-trauma-relief. All of the quoted organisations can be said to be at least partly involved in the implementation of projects. Although many of the projects discussed received funding from multiple donors, the role of project donors is not considered here.

The initial research was restricted to organisations which have mainstreamed the S&D approach in their activities and have implemented more than one trauma-related project. Furthermore, only projects that explicitly address relief of disaster-related trauma were retained. These criteria were made more flexible in order to include more than half a dozen projects. Subsequently, psycho-social sport programmes which focus on other issues (e.g. conflict resolution, the empowerment of women and girls, health education, etc.) but nevertheless seem to tackle trauma-related problems as a secondary objective were also included.

The programmes reviewed in this paper relate to disasters with a relatively *sudden onset* that require immediate emergency response. Such disasters can be categorised as ‘natural’ (e.g. hurricanes, earthquakes, tsunamis, etc.) or they can be ‘man-made’ (e.g. wars or internal conflicts). Sudden onset disasters can be thought of as distinct events. *Slow onset* disasters (e.g. the HIV/AIDS pandemic, famine, etc.) were not included in this overview.

2.2 Sources of information

This review took the form of desk research. SAD maintains a comprehensive database of organisations in the Sport & Development sector. Many project descriptions and useful background information on the various actors are published on the International Platform on Sport and Development (available at: www.sportanddev.org). An extensive web review provided further information on who does what in this area together with a review of the United Nations Report on the International Year of Sport and Physical Education 2005 and international conference proceedings on sport and development.¹ Additional information on specific projects was obtained by reviewing the websites of the organisations and studying evaluation reports where accessible. A short survey was sent to the selected organisations in order to obtain comparable data on all programmes. The survey helped in gaining an insight into the quantity and quality of trauma-related sports programmes and the specific methodologies used.

2.3 Assessment criteria

Contrasting different organisations and their projects requires some assessment criteria in order to determine the strengths and weaknesses of a programme. A sport federation has different aims and competencies than a humanitarian aid organisation or a governmental agency – these objectives inform the approach of each type of organisation to trauma-related sports projects. This overview includes a few basic assessment criteria that allow us to compare the approaches of different types of organisations so as to assess the quality of major sport-for-trauma-relief projects in general.

2.3.1 Psycho-social support

The most important aspect concerning this overview is the way programmes address trauma. The first priority of a trainer should be to provide appropriate sport activities. Through sport, he or she can help

¹ 2nd Magglingen Conference on Sport and Development, 2005 Berlin; Rehabilitation through Adapted Physical Activity and Sport for Children and Youth Affected by the Tsunami in Southeast Asia, Bangkok, Thailand, 2005; Sport and Reconstruction in the Tsunami Region, Berlin, Germany, 2006

others overcome trauma in an indirect way, by strengthening physical and psychological health, fostering supportive peer-relations, teaching solution-orientated coping-styles, and offering them positive role models. Yet, sport coaches are not able, by virtue of their education, to help traumatised persons and it cannot be assumed that sport activities are sufficient in addressing trauma to the fullest extent. This requires further training of trainers in basic psychological trauma intervention and the provision of knowledge about the clinical symptoms of trauma.

2.3.2 Target group

Special care must be taken to support especially vulnerable groups such as children and youth, women or disabled people. The age of participants is a fundamental criterion, because coping mechanisms differ according to the cognitive, emotional and physical development of a person. The effect of a disaster on children is magnified by the fact that their personality is still developing. Sport can help traumatised children to develop their innate resiliencies and encourage them to channel their energies and talents in constructive ways. With the right kind of social support, few children will require clinical intervention and most will be able to access their own coping and healing mechanisms. Thus, the sport and play approach seems to be particularly suited to children.

Persons with disabilities (PWD) are doubly vulnerable because in addition to their psychological trauma they suffer a physical or mental handicap. One should differentiate between persons who were already disabled before the disaster took place and persons who became disabled by the disaster itself. While the former ones may have been deprived from the care or assistance they received in the course of the disaster the latter ones are especially traumatised by the sudden loss of their physical integrity.

Women's roles and experiences create special vulnerabilities in the face of disaster. In lower-income countries, women are more likely to perish in disasters than men. In higher-income countries, women often show higher rates of post-disaster psychological distress. On the other hand, females in general display better coping behaviour than men. Nonetheless, women should receive special attention because they are often assigned the role of family caregivers in traditional societies. Providing support to women often helps the entire family indirectly. Similarly, psycho-social support of children and persons with a disability creates multiple secondary beneficiaries in the affected community because it relieves the additional pressure on caregivers.

2.3.3 Type of sport

The design of a programme depends heavily on the *target group* to which the project is aimed. Persons with a disability have quite different requirements from those without. They require special sports equipment, adjusted rules and also psycho-social support, which takes their particular needs into account. When working with adolescents one has to be careful when doing sports that involves physical contact. The balance between distance and proximity in children and adolescents is very important, especially if they have been exposed to abuse or mistreatment. Gender also plays an important role, since girls and boys react differently to traumatic events. Gender-mixed teams may enhance or inhibit female empowerment, depending on the kind of game. If girls are not marginalised and also have the opportunity to participate equally, playing in a team together with boys can boost their self-esteem. On the other hand, it can be useful to separate male and female participants during sports activities, if girls and women have suffered abuse. The kind of sport chosen is therefore essential. It should also be suitable to socio-cultural restrictions and should be endorsed by the target group.

Competitive sports can help to channel aggressive impulses in a socialised manner. But competition should not become dominant. Especially in post-conflict situations competitive games can enhance aggressive behaviour of victimised children and failure can be a source of additional depression. The premature formation of ethnically-mixed teams can lead to the reinforcing of the stereotypes and increased animosity if these groups were involved in a previous conflict. On the other hand, building teams along in-group-out-group lines almost certainly has negative consequences for the reconciliation process. Therefore, it is important to differentiate between programmes addressing *man-made disasters* and programmes addressing *natural disasters*. Programmes should be specifically tailored to the respective consequences. Man-made disasters, if they involve violent conflicts, require much more sensitive approaches than natural disasters. Over and above the acute threat of life, the loss of close relatives and material loss, violent conflicts erode trust between individuals.

2.3.4 Timing of intervention

Researchers have identified four time periods in post-disaster settings. The needs and affections of victims can fundamentally change between these phases. The first period is called the *rescue phase* and lasts until one week after a disaster. Survivors are normally hyperactive and focus on survival and rescue efforts at

that time. From the second week to about the fourth month after a disaster is the *inventory phase*. People tend to be in elation and are exceptionally willing to help others. In these first two phases of an emergency situation, basic needs such as food, medical aid and shelter must be satisfied. Often it might be difficult to organise an effective S&D programme at that stage and it could even interfere with the emergency response. But relatively soon after the provision of basic needs organised sports activities can be (re-) introduced. The recommended time for this is in the so-called *disillusionment phase* from approximately the fourth month to two years after the disaster. In this period the affected population starts to realise the dimension of the destruction and loss and grief and depression are the predominant feelings. At that point, sport activities can contribute to stabilising the situation. The *reconstruction phase* starts more than two years after a disaster. There is only little apparent gain in pursuing psycho-social post-disaster interventions as late as that.

2.3.5 Time frame

The quality of a psycho-social S&D programme depends also on its time frame. The first principle is still sustainability: A programme should produce some lasting positive effects, even if it is part of an emergency response. Establishing sustainability requests the investment of time. Ideally, sport programmes are handed over to the local community after the training of coaches and monitoring of the project. The community should be assisted with the management of the programme in a last phase. There are plenty of examples where an organisation rushed in and out of a site without assuring the success of their project sufficiently.

2.3.6 Number of beneficiaries

The quantitative aspect of a programme is the number of beneficiaries. In general, the more people can profit from a service, the better. Of course, this number is not telling us about the quality of a programme. Here, the trainer-trainee ratio is more telling: A low ratio reflects an insufficient supervision. Some organisations reported on the number of secondary beneficiaries from their projects, too.

2.3.7 Programme evaluation

An evaluation is part of the accountability to key stakeholders because it reveals if a programme was successful and to what extent objectives were met. A careful evaluation can also inform about why a project was successful or not and thus provides valuable information for replications. Therefore it should be an integral part of any field project. We asked the selected organisations if they conducted an evaluation of their programmes and if they could provide us with the results.

3. Overview of organisations

Organisations that met selection criteria are displayed in Table 1. We divided them roughly in three categories, dependant on their use of sport. Organisations which are trying to pursue developmental aims primarily by means of sport (e.g. Right To Play, Sport Sans Frontières) were classified as S&D organisations. These are mainly NGOs, either with an international or a local focus. From these we distinguished mainstream development and humanitarian aid organisations that adopt a whole range of methodologies to achieve their aims, among which sport is only one. Development organisations can be NGOs as well as governmental agencies. A third group of organisations are sport-focused national and international sports federations (e.g. FIFA) and governmental sport agencies (e.g. UK Sport). Their main objective is to coordinate and advance the use of specific sports or sport in general, while developmental assistance and emergency relief are rather secondary objectives to them.

Table 1

		humanitarian aid / development						development through sport (S&D)						sport-focused						
		Handicap International (HI)	Landmine Survivors Network (LSN)	UNHCR	Mercy Corps	Swiss Agency of Development and Cooperation (SDC)	Terre des homes Foundation (Tdh)	The Glocal Forum	Rajarata Personality Foundation (RPF)	The Kids League Uganda (TKL)	Espérance	Sport Sans Frontières (SSF)	Women without Borders (WWB)	Right To Play (RTP)	Swiss Academy of Development (SAD)	Magic Bus	UK Sport	Cambodian National Volleyball League (Disabled) Organisation	International Paralympic Committee (IPC)	FIFA
Type of disaster	man-made	armed conflict	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
		genocide						■	■	■	■	■	■	■	■	■				
		terrorism				■	■													
	natural	tsunami																		
		earthquake					■								■	■			■	■
		hurricane													■	■				■
Number of projects		1	1	25	1	2	3	6	1	3	1	5	2	21	2	1	1	1	2	13

Table 1 shows the programmatic focus of the organisations along the important distinction between man-made and natural disasters. We only include programmes that use sports in this study, and do not consider the other work of these organisations. As can be seen from the overview, most of the relevant projects relate to man-made disasters, especially the ones of developmental and humanitarian aid organisations. Man-made disasters can be further differentiated in armed conflicts, genocides and terrorism. Armed conflicts include civil wars, ethnical cleansing and internal displacement as well as international conflicts. Many of the projects relating to armed conflicts focus on refugees or internally displaced persons (IDP).

Genocides are in fact also armed conflicts, but they are displayed separately because they imply an attempted eradication of an ethnic, racial or religious group and might differ both in the scale and extent of the victims' traumatisation. The classification of genocide is regulated by international law and the only conflict qualifying for this definition in the present context occurred in 1994 in Rwanda. With the increasing problem of international terrorism, sport-based trauma relief can also play a role in such kind of disaster. The Swiss Agency of Development and Cooperation (SDC) pioneered this field by introducing sport programmes for terror-affected children and youth in Beslan, North Ossetia.

The major part of the natural disaster projects relate to the Indian Ocean Tsunami in 2004 that elicited a massive reaction by the international community. Other natural disasters were the recent earthquakes in Iran and Pakistan and hurricanes in the Caribbean and Central America which led to sport-related assistance initiatives. Sport-focused organisations seem to concentrate more on natural disasters, but this is only due to the engagement of FIFA in this area (having established a Tsunami Solidarity Fund). S&D organisations are involved equally in both types of disaster.

Besides this qualitative information Table 1 reveals the number of relevant projects realised by the organisations. This number informs about the size of the organisation and/or its focus on trauma-relief through sport. Large organisations with an international focus can be found among all organisation types, i.e. UNHCR, Right To Play, and FIFA.

4. Organisations profiles and programme descriptions

In this section, the organisations and their relevant programmes are briefly described. This selection of organisations is not conclusive but rather focuses on the main actors involved in trauma-related S&D-projects. Subsections are organised by type of organisation - Sport and Development, humanitarian aid, or sports federation. The organisations included in this overview are shown in table 2. Table 2 summarises the most salient aspects of each programme on sport-for-trauma-relief.

4.1 Sport & Development organisations

4.1.1 International NGOs

4.1.1.1 *Right to Play (RTP)*

RTP (formerly Olympic Aid) is an athlete-driven international humanitarian organisation headquartered in Toronto, Canada. It uses sport and play as a tool for development of children and youth in the most disadvantaged areas of the world. It is the largest Sport & Development-focused NGO worldwide. Its programmes have reached approximately 500,000 children and youth to date. RTP implements its programmes with a network of partner organisations such as UNHCR, UNICEF, UNDP and ICRC. It uses sport and play to encourage the healthy physical, social and emotional development of refugee children, former child combatants, children in conflict areas, and young people at risk of or orphaned by HIV/AIDS. These sport programmes are built to enhance holistic development, help foster resilience as well as to impart values and life skills including leadership, self-confidence, teamwork, conflict resolution, discipline, respect and fair play.

Programmes

RTP has two core programmes of implementation, the *SportWorks* programme and the *SportHealth* programme. In the *SportWorks* programme, RTP is working closely with communities. The purpose is to ensure active community leadership and participation in both the planning and implementation of the programme. RTP assists in the setup of the networks and infrastructure necessary to support sustainable local ownership of sport and play programmes and in establishing sport groups if they do not already exist. A global team of international volunteers serve as project coordinators, who train local youth to become coaches and manage regular sport and play activities in their communities. Coach2Coach Training equips coaches with tangible skills that can be used both during the implementation of sport and play programs and in the context of their everyday lives. The focus is on capacity building in areas such as leadership, communication, event organisation, and conflict resolution, together with the theory of child development that is also addressed throughout the module. Play Days and regular activities are co-organised by RTP and the trained coaches as a practical component of the Coach2Coach Module. A central method of the RTP programme is the Red Ball Child Play Module. This is based on a holistic approach to child development and is comprised of five different coloured balls which each correspond to a specific area of child development: mind, body, spirit, health and social cooperation (peace). RTP has created a number of games and play activities for each coloured ball that allow children to learn in a fun and memorable way. The *SportHealth* programme includes the same modules as the *SportsWorks* programme with an added element: It uses sport and play to mobilise communities around key health issues to support national health objectives and campaigns (e.g. vaccination campaigns and HIV/AIDS prevention). Another effective tool for raising awareness on health-related issues is the promotion of sports celebrities as role models.

4.1.1.2 *Sport Sans Frontières (SSF; Sport without Borders)*

SSF is based in Paris, France. This organisation attempts to build international solidarity by using sport as a tool for education and for socialisation among disadvantaged youth in developing countries. Currently, the organisation is providing athletic activities to children and young women to structure their free time and to use sport as an instrument of encounter. All of these efforts are formulated and implemented in collaboration with local NGOs.

Programmes

SSF programmes are built around three major modules: 1) Advancing the practice of sport and improve the accessibility of sport education and sport facilities. This includes the (re)construction of infrastructures and

the provision of sport equipment together with local partners, the technical and psycho-social formation of local sports animators, and the counselling of local partners on the management of sport programmes to guarantee the sustainability of the project. 2) Using sport to promote educative and psycho-social objectives. SSF advises social actors (youth centres, neighbourhood associations, international organisations) who work with at risk children to use sports activities as a psycho-social instrument (e.g. to improve the self-esteem, the relation to the own body, social skills etc.). SSF adapts its educational modules together with the local partners according to the specific needs that were identified. The trained local coaches learn to measure the progress of the children with monitoring tools that they developed together with their supervisors. SSF also organises sports events that are open to all community members to promote social inclusion and advance the public on issues of health, hygiene and environmental protection. 3) Supporting the development of sustainable local activities. SSF wants to contribute to the development of local micro-activities related to sport and to the creation of jobs in the production and reparation of sports material.

One project relevant to trauma-relief and resilience building is the “Sport et Femmes“ project in Kabul, Afghanistan. This project aims to make sport accessible for women, raise awareness about women’s rights and to provide information on health, hygiene and body-related issues. During 2005, in partnership with the French NGO, Action and Development in Solidarity International, a sports project using karate has been set up inside the Kabul Garden for Women (a place where men are strictly forbidden). As such, female socio-sport educators are given coaching with a “train-the-trainers”-approach. This initiative is combined with the construction of a gymnasium and multi-sports court to allow the development of a sporting dynamic which Afghan women can run. In time, this sports complex, managed by Afghan women, will offer the chance for other women in Kabul to take part in the sports activity of their choice: karate, team games, gymnastics, etc.

4.1.1.3 The Glocal Forum

The Glocal Forum brings together municipal authorities, young citizens, international organisations and private sector companies to link local needs with global resources and expertise. Launched in 2004, the *We Are the Future programme (WAF)* is the result of a strategic partnership between the Glocal Forum and the Quincy Jones Listen Up Foundation with the support of the World Bank and major private companies. Its goal is to mobilise global resources for the benefit of children in conflict and post-conflict cities. Children are provided with a range of basic knowledge and skills that may be life-saving, as well as offered recreational activities crucial to the developmental process.

Programme

The WAF programme consists of three central pillars: the *WAF Child Center*, the *Youth-to-Child-Training*, and the *City-to-City* partnership. At the WAF centres, sports are used to promote the development of life skills such as teamwork, dedication, target setting, participation and tolerance. The Glocal Forum seeks to build sustainable and affordable sporting infrastructure and upgrade existing sporting facilities at these centres, while training local youth to work with children. In youth-to-child trainings approximately 20 youth ages 15-24 (Youth Sports Corps) will be trained over a period of 2 months by local and international partners in various sports and recreational activities as well as in child development. Under the supervision of the WAF centre manager and sector experts, these youth then pass on their knowledge to participating children, thus serving as role models for both children and other youth in their cities. According to the Glocal Forum, the main target group are orphans and vulnerable children aged 0 - 6 (approximately 300 in the initial phase).

WAF centres are managed and owned by the municipality. In each WAF city the mayor chairs a local management committee responsible for overseeing the WAF programme and appointing a centre manager who is responsible for the daily implementation of the programme. The Glocal Forum sets programme guidelines, facilitates between the municipalities and the partners and oversees the financial, reporting, monitoring and evaluation aspects of the programme. Each WAF city is linked to several peer cities and public and private sector partners around the world creating a unique coalition, which supports the development of the programme. There are currently 6 WAF pilot cities in conflict or post-conflict areas: 1) Addis Ababa, Ethiopia; 2) Asmara, Eritrea 3) Freetown, Sierra Leone 4) Kabul, Afghanistan 5) Kigali, Rwanda; and 6) Nablus, Palestine.

4.1.1.4 Women without Borders (WWB)

Women without Borders (WWB) is an international research-based advocacy and PR organisation for women in politics and civil society in Austria. WWB supports women all over the world as they strive

towards their participation at all levels of decision-making. Through global dialogue, targeted information, with model projects and the creation of alliances with international partner organisations, WWB empowers women towards positive change. WWB has a strong focus on sport as a tool for development and peace.

Projects

WWB had so far two psycho-social sports projects that were trauma-related. After the Tsunami disaster in South East Asia, WWB organised swimming courses for women and girls in the coastal region of Tamil Nadu, India. Surveys showed that more women than men died in the tsunami because they did not know how to swim. The swimming training offered women survivors the chance to regain trust in the water, learn about water safety and water side first aid, understand benefits of physical fitness, enhance self-esteem through learning the new skill and experience team empowerment through team-building exercises.

Another important project, „*Kicking for Reconciliation*“, was introduced in Kigali, Rwanda in 2005 and completed in 2006. In 1994 the conflict between the Tutsi minority and the Hutu majority in Rwanda resulted in the world's largest genocide since the Second World War. The average age of the Rwandan population today is approximately 18 years. Thus, the youth carries the responsibility of leading the country into a safe and stable future. WWB is using sport as a tool for coming to terms with the past. Around 160 girls, Hutus and Tutsis, were united in several mixed football teams to play together and overcome trauma, anger and resentment. Through the founding of the teams and the production of a training handbook, WWB created a model project, which besides football trainings, focuses on self-confidence, self-awareness, as well as trauma-relief.

4.1.1.5 Swiss Academy for Development (SAD)

SAD is a Swiss non-profit foundation dedicated to facilitating social change and managing cultural diversity. It studies the causes and effects of anomic states and uses instruments based on sports and intercultural dialogue to promote social development. SAD initiates projects in cooperation with local partners, networks in the area of S&D and supports the development activities of international organisations, state institutions, sports federations, and other non-governmental organisations. SAD's principal activity is the development of monitoring instruments, the evaluation of S&D projects, and field research. SAD also implements own S&D projects.

Projects

SAD initiated two projects that centred upon trauma-relief, one in Iran and one in Sri Lanka. In fact, the project „*Sport and Play for Traumatized Children and Youth in Bam*“ was one of the first projects to use an S&D approach to overcome disaster-related trauma. The project was introduced in the historical Iranian city of Bam in response to a devastating earthquake of 6.6 on the Richter scale in 2003. It was started in 2004 and implemented in close cooperation with the Czech partner organisation People in Need (PIN). The project aims to improve the physical and psychological well being of the affected children, to offer them a stable pastime structure, to promote fundamental values and norms, and to provide information about health issues.

Popular sports such as football, volleyball, basketball, gymnastics, karate and table tennis are offered in two protected warehouses and a former stadium. All three locations were equipped with sports tools such as football gates, table tennis tables, rackets, mattresses for gymnastics etc. According to the preferences of the target group, well-liked sports activities were extended while less popular classes were discontinued. Over time, around 300 girls and boys from 6 to 18 were participating in the activities. Professional and experienced sports coaches as well as a local manager were chosen from the local population. They received continuous coaching and support by the project coordinators and much effort was spent on the development of the coaches' psycho-social skills. To monitor project performance coaches were reported weekly to the local project manager. This allowed for the timely correction of problematic developments if necessary. Additionally, parents of participants were interviewed about the psycho-social progress of their children. Together, this information was used to scientifically evaluate the impact of the project. The recruiting of local staff was part of the long-term sustainability strategy. After a transitional period, in which the management capacities of the local team were strengthened, the project could be handed over to local responsibility in the course of the year 2006.

4.1.2 Local organisations

4.1.2.1 *Magic Bus*

Magic Bus is an Indian non-profit charitable organisation under the umbrella of “Childlink India Foundation”. It created a programme that offers at-risk children living in slums or on the street some fun and escape from their everyday struggle for survival by outdoor sport activities, along with more pedagogic contents that impart important life skills for the future. Magic Bus has 3,500 children per annum on its programme, an employee base of over 50 and approximately 240 volunteers.

Programme

The Magic Bus programme combines two modules: Intense outdoor camping activities where children can escape their every day life for one weekend, and weekly sport training of two hours that offer some education on a regular basis. Through regular practices, children are taught discipline, self-esteem, hygiene, and the importance of respecting team members, in a healthy competitive environment. For many children burdened by the demands of poverty, the sport sessions provided an outlet to express themselves and release their pent-up energy.

In 2005, members of Magic Bus were invited by Railway Children (a UK charity) to send a team of two senior Magic Bus mentoring staff to run a train-the-trainer programme for a team of new female teachers in a tsunami-affected village in Tamil Nadu. Staff members studied the phases of trauma and learned about how Magic Bus implementation methods, including sporting skills, can be used by new teachers in working with children orphaned or severely affected by the tsunami.

4.1.2.2 *Espérance*

The Rwandan-based organisation Espérance is a member of the streetfootballworld network. It uses football as a tool to promote peace, intercultural dialogue and gender equality. The “*Football pour la Paix*” (Football for Peace) project was launched in 2001, 7 years after the Rwandan genocide took place. Football is used by Espérance as the first of many steps to support the Rwandan reconciliation process. The football teams are ethnically and gender-mixed (3 girls and 3 boys), and in order to advance gender inclusion, only goals scored by girls count. Another important characteristic of the street football rules is the absence of a referee. The players are thereby taught the value of being responsible for themselves, increasing individual capacities to resolve conflicts. In addition, the “*Football pour la Paix*” project promotes health education and teaches youths about AIDS and prevention. This project does not directly address trauma-related psycho-social support. Although the promotion of the reconciliation process could well play an important role in overcoming conflict-related trauma disorders, such outcomes were not specifically evaluated in the project.

“*Football pour la Paix*” has been implemented not only throughout Rwanda but also in other Central African countries, such as Uganda, Burundi, Tanzania and DRC (Democratic Republic of the Congo).

4.1.2.3 *The Kids League Uganda (TKL)*

Kampala Kids League (TKL) was set up as a voluntary organisation in 1998 to provide sporting opportunities for children aged 4-14 in a country where schools were cutting back on sports to concentrate on academics. This has been a huge success in Kampala and in 2003 the promoter of KKL set up a non profit, The Kids League (TKL) Uganda, to improve the lives of children at the grassroots level, particularly in conflict areas across northern Uganda, using sports as a means to convey health, HIV/AIDS and education messages. For 18 years, the people of Northern Uganda have been living in a state of conflict, instability and poverty. Children have grown up “commuting” into the town centre at night to sleep so that they reduce the risk of being abducted by the Lords Resistance Army. Over 20,000 boys and girls have now joined in TKL sport activities and over 1,000 volunteers have been trained to expand activities across Uganda. Districts which are part of the TKL network will be trained to target potential regional sponsors in order to help keep their leagues running smoothly after donor funding has been exhausted. The model is the Kampala Kids League, which is a fully sustainable voluntary organisation by now.

Programme

TKL created several dozen gender-mixed football teams and netball teams for girls who compete in local leagues of different age groups. Additionally, TKL is running leagues in four Internally Displaced Persons (IDP) Camps. The names of the children who have registered are entered into a draw and selected randomly. Efforts are undertaken to ensure that each team of boys and girls is comprised of a balanced

number of school children, orphans, night commuters, street children, former combatants, former abductees and out of school youth. Each team has approximately the same ratio of boys and girls, strong and weak players, younger and older players and small and big players. The fundamental rule of TKL is that every child must play 50% of each game. If a team loses, the children are positively guided on overcoming setbacks and looking forward to next week's game.

TKL's approach has five characteristics: 1) Play: The Kids League provides children with an opportunity to play and have fun. It is perhaps the one activity they are involved in that allows them to simply be children. 2. Unite: TKL attempts to unite a community by bringing together children from diverse backgrounds to play on one team. A sense of friendship and unity develops among the boys and girls on the field that inevitably continue once the game has been played. 3) Health and education: Sport is utilised to mobilise communities and deliver health and education messages to children, friends and family. 4) Family: TKL depends on parents and community members to volunteer their time. Without the dedication of parents to take up the volunteer positions of coach, referee, and scorekeeper, the TKL programme could not succeed. Parents and children often report that the time they spend together on the field has long-lasting effects off the field. 5) Capacity building: The Kids League invests heavily in developing local talent and ensuring that there are trained coaches and referees who are specially trained to cater to the needs of the child athlete.

Again, the approach of TKL does not involve overcoming trauma directly. But the programme goes beyond the organisation of sport activities and could potentially strengthen life skills and resiliency of the participating children.

4.1.2.4 Rajarata Personality Foundation (RPF)

RPF is a Sri Lankan NGO that aims at promoting psycho-social sports activities with support from governmental institutions and international NGOs. Sri Lanka was heavily affected by the tsunami in December 2004. Even more disastrous is the long-lasting ethnic conflict between Sinhalese and Tamils, which has led the youth in the conflict-zone and affected areas to live with immense fear, loneliness and disappointment. In such a context, the RPF Sports Society has initiated a process to strengthen the personality development aspects of youth by means of sports in a holistic manner. Activities of RPF include organising long-term courses on diverse sports activities, workshops that discuss contextual societal problems, short-term education and sports workshops, and 'Shramadana' - a collective process of individuals pooling resources to complete a common goal or project.

Programme

Of most relevance to the present purpose is the "*Personality building of war affected children and youth*" programme. The overall objectives of this programme are to build trust and unity among youth belonging to the diverse ethnic communities, help youth strengthen their capabilities and potentials, and encourage a healthy lifestyle through karate sport and other playing activities. These goals are to be achieved in four stages. In the first step the target population will be sensitised to the aims and objectives of the project. Also, the funding organisations and the government institutes and coaches linked to sports will be coordinated during this initial phase. The second phase will focus on the development of physical activities and accompanying qualitative research. In phase three weaknesses of the projects will be identified and the project will be improved in order to reach its initial aims and objectives. In the final phase of the project an analysis will be conducted in order to evaluate the achievement of the project in relation to its aims and objectives. This project has been started in 2001 with a long-term perspective and is still ongoing. It has 510 beneficiaries.

4.2 Development and humanitarian aid organisations

4.2.1 General development and humanitarian aid NGOs

4.2.1.1 Terre des hommes Foundation (Tdh)

The Terre des hommes Foundation (Tdh) is Switzerland's largest child relief fund. Tdh provides children in 30 different countries direct and un-bureaucratic support concerning health, social problems and child rights. Tdh aims to encourage self-help, mainly through long-term projects which are managed by Tdh's personnel until local partner organisations are able to take over. In addition, Tdh targets children in need and their mothers in emergency situations where urgent measures are required.

Programme

Tdh did pioneering work in using sport programmes as a psycho-social approach in emergency situations. They piloted their programme “*Movement, Games & Sport*” in 2005 in the city of Bam, Iran, after the earthquake disaster. Similar follow-up projects have been carried out in Colombia and Sri Lanka in response to civil war and tsunami-related disasters, respectively. The “*Movement, Games & Sport*” programme is based on a “training-the-trainers” approach: A total of 54 men and women with an educational background were recruited from the local communities to receive special training as animators and activity specialists under the supervision of Tdh coaches. The objective of the programme was to increase the technical and methodological as well as personal and social capacities of animators in order to improve their psycho-social interventions with vulnerable children. In addition to the 3-month coaching phase, the trainers applied their skills in different pre-existing educational and sports centres. Mainly small cooperative games rather than competitive sports were used to develop the personal and social competences of the children.

The approach of Tdh set the standards for other similar projects, above all in terms of scientific evaluation, which Tdh outsourced for the Bam-project to an independent institute. The results indicated that disaster-related symptoms indeed dropped as a consequence of the attendance to the sports programmes. Less information is available on the sustainability and long-term success of the implemented projects.

Currently, Tdh no longer focuses on sport-centred projects to tackle traumatic experience. They integrated their “movement, games & sport” approach partly in the strategic plan for their humanitarian emergency projects (at present in Sudan, Pakistan, Sri Lanka and Lebanon).

4.2.1.2 Mercy Corps

Mercy Corps is a major US development organisation founded in 1979. Today, Mercy Corps helps more than ten million people each year in about 40 countries to recover from disasters, build stronger communities and find their own solutions to poverty. Among other, the agency is currently involved in ongoing emergency and rebuilding operations in response to the Indian Ocean Tsunami, the mass displacement of families in Sudan’s Darfur region and Northern Uganda, the war in Lebanon, Hurricane Katrina, the Pakistan Earthquake, the Niger food crisis, and the current crisis in the Gaza Strip. Sustainability of the Mercy Corps programmes is achieved through a participatory approach: Target communities have to set their own agendas, raise their own resources and implement programmes themselves, so that their first success result in renewed hope, confidence and skills to continue development.

Project

Mercy Corps sponsors tournaments, provides seed money for sports clubs and, thanks to a strong partnership with Nike, outfits teams and equips schools and athletic leagues. In these and other ways, Mercy Corps unites former combatants on the playing fields and teaching youth important lessons about teamwork, leadership and responsibility. In several countries of Africa, the Balkans and Central Asia Mercy Corps uses the attraction of football to build stronger communities, bring people together, spark community reinvestment and teach young people about HIV/AIDS. An important project takes place in Darfur, Sudan, where Mercy Corps organised sport and play activities for hundreds of displaced children in refugee camps. Mercy Corps’ early evaluation of children’s emotional status in the refugee camps confirmed an overwhelming need for a secure place for their play and extracurricular education. So the agency partnered with the camps’ leaders to set aside land for 24 child-friendly spaces in two camps, construct the play areas and train more than 70 well-educated young adults who are themselves displayed to supervise the areas. Those young people are invited to participate in a rigorous 10-session programme which equips them to help children deal with the psycho-social impact of displacement.

4.2.2 Organisations with a focus on people living with disabilities

4.2.2.1 Handicap International (HI)

Founded in 1982, Handicap International (HI) is a non-profit organisation whose objective is to support people in a situation of disability or vulnerability in developing countries whatever may be its cause. Its activities focus on prevention, rehabilitation, emergency situations and the fight against landmines. The association works in over 50 countries worldwide with 240 projects.

Project

Handicap International’s sports projects aim at strengthening persons with a disability (PWDs) both mentally and physically. Sports activities are not only used for physical rehabilitation but also for empowerment, by increasing self-esteem and self-confidence, as well as for social interaction and

integration. Thus, Handicap International's sports projects focus on support to PWDs organisations as sports associations, training, organisation of sports events and promotion of sport for PWDs. In one project (2004-2005), Handicap International with the support of FIFA employed football and other sports to strengthen the resiliency of PWDs in Afghanistan. More than 20 years of war and conflicts have led to numerous disabled people in this country (estimated 4-10%). Besides the promotion of physical activity, this project intended to facilitate social integration of PWDs on a national and institutional level. On a local level, initiatives for the development of physical activities for PWDs were supported and football teams were formed. In this project, teams of PWDs played (and won) against regular football teams. These victories enhance the self-esteem and the recognition of disabled people in Afghanistan.

4.2.2.2 Landmine Survivors Network (LSN)

Founded in 1997, this international organisation is created by and for landmine survivors. LSN links landmine survivors to healthcare and rehabilitation services, provides social and economic reintegration programmes, and works to ban landmines around the world. LSN has also emerged as a pioneer in peer support—building peer relationships that help transform victims into survivors, and ultimately, into fully participating citizens. LSN works with survivors to help them overcome trauma and recover physically, emotionally, socially, and financially. It has helped thousands of families affected by landmines, war, and civil conflict, provided more than 60,000 home and hospital peer visits, and helped launch hundreds of survivor-owned businesses. LSN has regional network offices in Bosnia-Herzegovina, Colombia, El Salvador, Ethiopia, Jordan, Mozambique, and Vietnam, and its programmes have reached out to survivors in 43 of the 87 most mine-affected countries and regions around the world.

Project

LSN is propagating the healing power of sports and thus, athletics is an integral part of the recovery programmes. More and more survivors are using sports as the force moving them from isolation and depression toward companionship, confidence and improved physical health. LSN also lobbies for the inclusion of people with disabilities into international sports tournaments, as well as for legal guarantees for physical education for children with disabilities. LSN's work not only helps heal the body, but in some parts of the world helps heal the spirit and the community as well by promoting post-conflict reconciliation. This is especially true for the work of LSN-Bosnia that assists the many landmine survivors of the country's civil war in the 1990s. Since 1997, LSN-Bosnia organises the *Princess Diana Memorial Sitting Volleyball Tournament* where Croats, Muslims, and Serbs—once bitter enemies—play side by side as athletes. Besides the contribution to the reconciliation process this tournament also helps the participants to regain self-confidence.

4.2.3 Multilateral organisations

Many international organisations such as the ICRC or United Nations organisations such as UNICEF or UNAIDS are important funding partners of several of the described sport programmes. Most of them do not participate directly in the project implementations. One exception is the UNHCR.

4.2.3.1 United Nations High Commission for Refugees (UNHCR)

UNHCR is one of the world's principal humanitarian agencies helping 17.1 million people and mandated by the United Nations to lead and coordinate international action for the protection of refugees and the resolution of refugee problems. Its primary purpose is to safeguard the rights and well-being of refugees.

Programme

UNHCR has long been using the power of sport to foster refugee reintegration and to ensure tolerance and understanding between the communities. In 2005, UNHCR expanded its activities, developing partnerships with Right to Play, the International Olympic Committee (IOC) and the International Volleyball Federation (FIVB) to enable it to expand its *Sport Activity for Refugee Youth* programmes further. These programmes use sport as a means to overcome trauma from conflict, to build cooperation, understanding of rules, sense of belonging to a group, and to have fun. Thousands of refugee children of both sexes throughout some 170 camps in the world are now benefiting from these programmes. UNHCR has found that sports programmes in refugee camps provide an effective tool for empowering girls, given that they are often excluded from participating and enjoying the physical and psychological benefits offered by sport. Often, the local partner involved in primary education at a refugee camp is consigned to also run the sports-related programme. The kinds of sport used are almost always team sports such as football, volleyball and basketball.

4.2.4 Government agencies

As is the case with multilateral organisations, government agencies do not usually implement projects themselves but act as project donors. Two governmental projects, one from the Swiss Agency for Development and Cooperation on one from UK Sport, are worth mentioning.

4.2.4.1 Swiss Agency for Development and Cooperation (SDC)

SDC is the agency for international cooperation within the Swiss Ministry of Foreign Affairs; it is responsible for the overall coordination of bilateral and multilateral cooperation activities with other federal offices, cooperation with Eastern Europe as well as humanitarian aid.

Programmes

Sport retains an important place in the programmes of SDC. Sport's contribution to post-disaster and conflict transformation is particularly important to the Department of Humanitarian Aid, which focuses its development work, including Sport for Development and Peace, mainly on these issues. Two ongoing psycho-social sport projects, both situated in Beslan, North Ossetia, can be considered as exemplary in the field of emergency care and trauma relief. They were initiated in response to the Beslan school hostage crisis in 2004. In a terrorist act, Chechen rebels held over 1'200 pupils and adults captive in a school. More than 300 people were killed and 800 were injured in a liberation attempt, mainly children. In the aftermath of the disaster SDC concluded that a mid to long-term psychological support programme should be launched in Beslan. Therefore, a psycho-social service in the Sport centre of Beslan was set up by SDC in the beginning of 2005. The programme provides psycho-social rehabilitation, physical activation, recreation and sports activities to cope with the consequences of trauma. The sport programme is six days a week and 500-600 children per month come for wrestling, judo, basketball, volleyball, football, table tennis, karate, Chinese boxing, badminton, fitness, horse riding and for some special classes by local sport champions. The programme is implemented by local therapists of the psychological-educational Centre "Doverie" of Vladikavkaz. The impact of the different psycho-social methods (sport, horse riding, psychological therapies, and arts) are evaluated scientifically by the University of Zurich and in cooperation with the North Ossetian Institute of Humanitarian and Social Research. Preliminary results indicate that all methods are having a positive effect on the psychological state of children.

In a paralleling project, education, sport and resilience-building activities were combined for children and youth. Education and training courses on safe climbing and skiing, first aid, disaster preparedness, basic safety rules in emergency and natural hazards conditions are conducted by rescuers of North Ossetian Search and Rescue Service up in the mountains. These men played a crucial role in rescuing people from capture and are considered as the heroes and symbol of help in the eyes of youth in Beslan. Therapists of "Doverie" accompany the groups of children and youth and provide art and play therapy. Moreover, lectures on HIV/AIDS, drug prevention and healthy life style were included into the program. In addition, excursions for handicapped victims – children, youth and adults – of Beslan will be organised. Every week a group of 15 children can participate in this education and sports programme.

4.2.4.2 UK Sport

Established by Royal Charter in 1996, UK Sport supports developing countries in order to improve their sporting systems. The organisation's International Development Assistance Programme has strengthened its international outreach with high-level strategic partners to develop and deliver sustainable and effective projects and advice across the globe. UK Sport also hosts the secretariat for the British International Sports Development Aid Trust (BISDAT) – a charitable trust that provides funding for international sports development projects.

Programme

The *Ballons Rouges Project* is a pilot (2004-2007), which is currently implemented in Azerbaijan by the Council of Europe and the Youth Sports Trust. It takes place in a more general framework, which encourages the use of sport in different types of post-emergency situations. Therefore, the project proposes a non-formal education system based on different physical activities, which are likely to act as a psychological aid for the beneficiary children. These sport and play activities can help to cope with trauma and can help to recreate a structured lifestyle, and also build confidence between different groups. The sports activities and other educational instruments are aimed at promoting teamwork, participation, solidarity, tolerance and mutual understanding in multicultural environments. Beneficiaries are mainly internally displaced children and youth living in camps. An intermediate evaluation revealed that children gained in confidence and competence in the sports whilst having fun, making new friends and getting

physical exercise. The teachers and other local staff involved gained professional development and engaged in new strategies to enhance their own local work, leaving an element of sustainability. Future activities in other post-conflict or post-emergency areas are planned.

4.3 Sports federations

Clearly, psycho-social emergency aid is not a core business of national and international sports federations. Although large international federations often operate development offices, these are primarily responsible for sport-related knowledge transfer to their member associations and assisting them in building up a basic sport infrastructure. In response to the Indian Ocean Tsunami many federations like the *Fédération Internationale du Volleyball (FIVB)*, the *Fédération Internationale du Basketball (FIBA)*, the *International Table Tennis Federation (ITTF)*, the *International Cricket Council (ICC)*, and the *International Olympic Committee (IOC)*, to name only a few, contributed a substantial amount of funds for the reconstruction of sports infrastructure as well as for non-sport recovery activities. Besides, several of these organisations' national member associations are also supporting relevant S&D projects with know-how and money. The most comprehensive efforts come from FIFA who has an own social development department and is realising relevant projects together with partners or on its own.

4.3.1 International sports federations

4.3.1.1 *Fédération Internationale de Football Association (FIFA)*

FIFA has set itself the target of allocating at least 0.7 percent of its total revenue into social development through football. These funds are invested in corporate social responsibility programmes run directly by FIFA or in cooperation with various organisations worldwide. FIFA also provides partners such as UNICEF or Right To Play with sport material for their projects. The Corporate Social Responsibility Department of FIFA promotes, supports and conducts programmes under the umbrella of the *Football for Hope Movement*. In these programmes football is not the final aim but a means to achieve developmental goals, fight HIV/AIDS, combat racism and promote children's rights, social integration as well as peace and reconciliation.

Projects

In response to the Indian Ocean Tsunami FIFA together with the *Asian Football Confederation (AFC)* funded reconstruction projects with more than 10 Mio US-Dollars in six FIFA member associations (Bangladesh, India, Indonesia, Maldives, Sri Lanka and Thailand). These projects had three response phases: In a short-term response sport and play was promoted amongst survivors and equipment was distributed to help overcome trauma. The medium-relief includes restarting football activities with financial support and long-term assistance includes the reconstruction and rebuilding of football structures and facilities. Similarly, FIFA assisted member associations with the reconstruction of football infrastructure and the introduction of football programmes for affected children after devastating hurricanes afflicted the Caribbean in 2004 and the United States in 2005 and after the disastrous earthquake of 2005 in Pakistan.

4.3.1.2 *International Paralympic Committee (IPC)*

Situated in Bonn, Germany, the IPC is the international governing body of sport for athletes with a disability. The IPC supervises and coordinates the Paralympic Summer and Winter Games, as well as various competitions for the disabled (including Regional and World Championships). It also supports the recruitment and development of athletes at the local, national and international level across all performance levels. Through its member organisations the IPC coordinates initiatives related to sport and development, and in particular is committed to sustainable development and promoting the rights of disabled persons globally.

Programme

The IPC recently introduced a programme labelled "*Rehabilitation Through Sports*" which is potentially apt for post-disaster interventions. This programme is specifically tailored to the rehabilitative needs of disabled people and focuses on mobilisation and sports education, while offering only minimal accompanying psycho-social support measures. In order to guarantee quality education, local rehabilitation professionals (physiotherapists, sport trainers) received training in a first step. The different objectives of the programme are implemented in consecutive phases: 1) provision of quality assistive devices/mobility aids, 2) provision of extensive basic skills training on how to use the devices, 3) introducing persons with a disability to sport, 4) increasing the capacity of local community centres and sport clubs to support and

deliver sport and recreation programmes for persons with a disability, and 5) developing positive role models. The programme was piloted in Angola among landmine survivors. It was introduced thereafter in the tsunami-affected Sri Lankan coastal region in cooperation with the National Paralympic Committee, where it had 72 direct beneficiaries.

Although the issue of trauma relief was not directly addressed, some characteristics of the programme could turn out to be supportive in reducing disaster-related symptoms among the beneficiaries. Especially the provision of positive role models is well-known to foster hope and facilitate psychological as well as physical coping mechanisms.

4.3.2 National sports federations

4.3.2.1 Cambodian National Volleyball League (Disabled) Organisation (CNVLD)

The CNVLD plans to continue the reinsertion process of persons with a disability by restoring their self-esteem through team sport activities. On a regional level, the CNVLD programme seeks to establish Cambodia as the ASEAN Centre for Disability Sports Development and Competition. The CNVLD is dedicated to giving disabled individuals in Cambodia hope and opportunity. The root cause of the poverty in which many disabled individuals live is their exclusion from mainstream society. It is by acting on the social exclusion of the disabled, in seeking to transform the negative perceptions which subtend negative practical realities for disabled individuals in Cambodia, that change will be affected.

Programme

The CNVLD is totally unique in being Cambodia's only professional sports programme. Therefore, it is the CNVLD and the Cambodian athletes with a disability who are the pioneers of the nation's sporting development. The past five years have witnessed the development of the now internationally acclaimed Volleyball League programme. The League has evolved into a 16 club nationwide training and competition programme, which is acting as the foundations for the development of a broader programme of sporting and recreational activities for PWDs of Cambodia. Over 70 % of the athletes participating in the annual programme are landmine survivors.

5. Conclusions

The use of sport programmes as an emergency intervention in post-disaster situations is relatively new. The oldest project included in this review (The Sitting Volleyball Programme of LSN-Bosnia) dates back to 1997. What do we know about the effectiveness of these programmes? Can children and youth who have experienced severe stress and/or psychological trauma due to disasters really have their normal healthy functioning restored through sport activities? Can they even be prevented from experiencing more long-term mental health problems by using this approach? And can we identify programmes that should be considered “best practice” in the field? There is no straightforward answer to these questions because we simply lack the empirical evidence to date. We can try to contrast the programmes by means of the assessment criteria presented in paragraph 2.3. But it has to be kept in mind that for most of these criteria we do not have any hard data at hand. Unfortunately, evaluations were often kept confidential. And the information received is strongly biased because it stems directly or indirectly from the respective organisations themselves. Thus, the various programmes cannot be judged on equal grounds. Nevertheless, some general conclusions can be drawn.

5.1 Different types of organisations differ in their functions

Sports federations have naturally different purposes than sport & development or humanitarian aid organisations. It is not surprising then that the former ones place a strong emphasis on rebuilding sport infrastructure in the aftermath of a natural disaster. But a psycho-social sports programme is more than just reconstructing the infrastructure and providing regular training. Although such measures can certainly help to improve physical and psychological health, as was argued before, an effective trauma-relief programme must comprise careful selection of sports and coaches and some basic psycho-social training of the latter. Clearly, development organisations generated more competencies in this area over the years. This is not to say that sports federations should not or do not play an important role in post-disaster interventions. In fact, sports federations were involved in many of the mentioned psycho-social projects as technical or funding partners. Also, large international federations such as FIFA operate their own development offices which have the capacity (in cooperation with corresponding grassroots organisations) to implement effective psycho-social programmes.

Furthermore, it seems that the cooperation with local NGOs is crucial for the success of a project. Local NGOs best know the specific needs of the affected population and understand the particularities of the implementation context. They are also central for the sustainability of a project over and above the engagement of an international organisation. On the other hand, international organisations have the know-how and resources to realise effective programmes. Without their assistance, many good initiatives could never be put into practice or would have failed at an early stage. It is very positive that all of the presented international organisations collaborated with local partners. Similarly, the local organisations included in this overview such as Magic Bus, Espérance, The Kids League, the Rajarata Personality Foundation or the Cambodian National Volleyball League (Disabled) Organisation all cooperate with national and international partner organisations.

5.2 Psycho-social education of the trainers as main focus of any programme

Trainers are crucial for the usefulness of sport as a psycho-social tool. This was revealed by the evaluation of the SAD project in Bam, Iran. Effective trainers should not only be familiar with the rules and the technical side of the sport but also display some interpersonal skills in dealing with the trainees. In order to support the trainees adequately and strengthen their resiliencies, the trainer has to be knowledgeable about their needs and vulnerabilities. Most of the programmes thus use a “training-the-trainers” approach: Before local trainers conduct sports lessons for the target group, they also learn about psycho-social issues and methodologies as well as receive coaching in the more technical aspects of sport. In addition, if the trainers are themselves victims of the disaster, it is crucial that they deal with their vulnerabilities before they begin coaching other traumatised people. In other words, it should be prevented that “the blind is leading the blind”. There are large differences in the quality of this formation though. While SDC in fact recruited clinical psychologists as well as sports trainers as coaches and combined professional care with a variety of sports education, many other organisations made do with less intense psycho-social instruction of their trainers prior to classes and a subsequent monitoring of the performance, without requesting a professional psychological background. On the other hand, most of the sport-focused or organisations focused on persons living with a disability relied entirely on contextual factors such as the employment of

successful role models to promote positive effects (e.g., IPC), or they did not focus on the provision of psycho-social support (FIFA, Handicap International, LSN, CNVLD). It should be stressed, though, that most of these organisations did not qualify their programmes as measures for trauma-relief.

According to the projects assessed here, it is not necessary to employ professionals trained in psychology for the implementation of psycho-social sports programmes. For practical and financial reasons, it is first not always possible to recruit such people locally, and second psycho-social sport interventions can even be considered as an alternative to clinical interventions. For the given reasons it is however fundamental to familiarise the trainers with basic psycho-social concepts. But a “training-the-trainer” approach requires sufficient qualified supervisors. In a disaster such as the Indian Ocean Tsunami, there is simply a shortage of resources to apply this approach on a large scale and the reestablishment of general sports activities by sports federations can indeed be most effective in reaching as many people as possible.

Another related issue is the use of volunteers vs. the use of professional staff for the implementation of the programmes. Many organisations employ professional sports animators or other people with an educational background as trainers. These people have often already acquired some psycho-social skills in teaching and supporting trainees. Many other organisations promote a “youth-to-child” approach. They recruit young people that were themselves victims of the disasters as coaches to train vulnerable children. The youth coaches are supported and strengthened by their supervisors and serve as role models for the children. This system has the advantage that two different target groups can benefit from the programme. On the other side, it must be made sure that the youth coaches do not suffer from any acute trauma before they are given classes because this would rather hamper the healing process of the group. So far, no clear evidence proves which approach is preferable – the volunteers or the professional approach, or if this rather depends on the situation and type of disaster.

5.3 Most vulnerable populations as preferred target groups

All organisations focus on the most vulnerable among the victims, the children and youth, persons with a disability, or girls and women. This is a very positive finding and reflects adequate priority setting because it is not only an ethic imperative and investment in the future of the affected communities but the support of these groups leads to multiple secondary beneficiaries, as well. Of central importance is how the specific and quite different needs of these beneficiary groups are addressed. It seems that organisations specialising in a certain target group, like LSN (landmine survivors), Handicap International, CNVLD or IPC (disabled people), RTP (refugee children/youth), The Glocal Form (urban children/youth), or Women without Borders (girls and women), can best serve the specific need of their clientele.

5.4 Concentration on football

In our survey, we asked organisations how they selected the sports used in their programmes and virtually all reported that either the popularity among the target group or its conduciveness to trauma-relief or both these issues were crucial. 12 out of 19 organisations examined used football at least in one of their programmes, often even as a single sport. Taken together, this tells us that according to the organisations under examination, football is either very popular worldwide or is specifically suitable for trauma-relief, but most probably both of this. While we certainly can agree with the first claim, there is just not enough evidence to support the second one in this general form. Of course, it is crucial that the selected sports are well accepted by the target group. The motivation of the participants is the main impulse for their self-healing process after the disaster. But this does not exclude examining the usefulness of a certain sport as a psycho-social vehicle. Football has proven a helpful instrument for various objectives such as gender inclusion, reconciliation and health education, and it could be highly valuable for overcoming trauma in post-disaster situations, but we lack the data that tells us this is true for all kinds of disasters in all contexts. It is striking that the actors in the field do not distinguish strategically between different types of disasters (e.g., man-made and natural). At least this does not translate in their programme designs. RTP, for example, applies its *SportWorks* programme to all kinds of post-disaster situations, be they caused by tsunami, earthquake, civil war or even genocide. Of course, it is possible that these programmes are universally applicable because they are based mainly on supportive, non-competitive elements and they consist of modules that can be flexibly combined and adapted according to the particular needs.² But such reasoning should be made more transparent to donors and researchers in order to allow for adequate

² Similarly, UNICEF has developed a kit of materials for children displaced by war as well as natural disaster, enabling them to participate in team sport under the guidance of a teacher or trained volunteer. Available online at: http://www.unicef.org/supply/index_cpe_education.html

evaluation of these instruments. Smaller organisations often design new and specific programmes for every intervention site (e.g. Sport Sans Frontières, Women without Borders). But their selection criteria are not any clearer. Besides popularity and trauma-relief, cultural and economical constraints can play a role in the selection process (e.g. sailing might be especially prone to foster cooperation and team work, but it is just not cost-effective).

5.5 Preference for intervention in post-emergency phase

By and large, the examined projects started all in the post-emergency phase from the fourth month after the disaster on to two years later or more. This corresponds well to theoretical considerations and research findings which prescribe that psycho-social interventions should only be introduced from the fourth month onward in a post-disaster setting.³ But there are some notable exceptions to this rule: According to our questionnaire, UNHCR and Mercy Corps tend to begin with their sport programmes in the camps for internally displaced persons or refugees already in the so-called inventory phase, from the second week to the fourth (approximately) after the disaster. But it is not clear if this refers to the event of displacement or the cause of displacement (both can be traumatic, especially for children). Also, not all disasters have a clear-cut beginning and end (as in the case of a Tsunami). Especially in the context of long-lasting armed conflict, the disaster is more of a permanent nature and victims such as internally displaced persons can become repeatedly traumatised. There is no good reason why psycho-social sport activities should not be introduced relatively quickly in these situations to offer refugee children a minimal daily structure. According to Mercy Corps, the establishment of sport activities for children even within days after a rapid-onset disaster can be extremely supportive because children are likely to be more easily overlooked at that time when they desperately need to be engaged.⁴

In contrast to theoretical recommendations, many programmes were introduced quite late, that is later than two years after the disaster, in the reconstruction phase. This is especially true for projects in countries that suffered a civil war, e.g. Rwanda, Sri Lanka, Bosnia-Herzegovina, or Kosovo. In addition to trauma-relief, these projects often aim to advance the reconciliation process between opposing groups and this needs a substantial amount of time to rebuild trust. It is another question if psycho-social programmes can still contribute to overcoming trauma at this stage.

5.6 Duration of projects is associated with type of disaster

Projects related to natural disasters have a relatively shorter lifespan compared to projects that were introduced in contexts of man-made disasters. There are several explanations for this: maybe this has to do with the more complicated nature of man-made disasters, especially wars and other conflicts. Such kinds of disasters need more attention and more care has to be taken that the disaster does not break out again. (Staying longer in a disaster area can also help the sustainability of the initiative.) On the other hand, the intervention in a post-natural catastrophe area is less problematic and permissions of the affected parties are more easily obtained. The apparent longer duration of projects relating to man-made disasters could also be traced back to the fact that the examined grass roots organisations such as CNVLD, Espérance, RPF, TKL Uganda or LSN-Bosnia are exclusively active in post-conflict situations. Despite good groundwork and local partnerships, activity often ceases with the withdrawal of external project funds.

5.7 Monitoring and evaluation remains a challenge

There is no common understanding of what an evaluation is. The quality of the evaluations differs substantially, from listing the number of beneficiaries to very informal assessments by the programme implementers to evaluations meeting scientific standards. There were only three organisations, SAD, SDC and Tdh, that evaluated their projects according to scientific guidelines (not all organisations provided this information) and only the latter two assigned an independent institution with this task. An independent programme evaluation allows for a more objective qualification of the results.

Actors should ensure that the sport component of programmes is of a high standard before using it as a platform for development. The quality of the sport experience delivered may be side-lined in favour of development objectives if NGOs lack competency in this regard. There is also a danger that, in trying to

³ Ehrenreich, J.H. (2001). Coping with disasters: a guidebook to psychosocial interventions. Available online at: <http://www.mhwwb.org/CopingWithDisaster.pdf>

Henley, R. (2005). Helping children overcome disaster trauma through post-emergency psychosocial sports programs. A working paper. Available online at: <http://www.sportanddev.org/data/document/document/209.pdf>

⁴ Personal communication by Randolph Martin, Director of Global Emergency Operations at Mercy Corps, 5 January, 2007.

satisfy multiple donors, NGOs may try to meet unrealistic objectives. But to make adequate decisions, donors as well as project implementers need empirical data on the impacts of their programmes on recipients. Empirical data improves accountability. International aid organisations tend not to have the financial or technical capacity to implement such research. That is why external institutions have to fill this gap to determine the required characteristics of sport and play programmes that are relevant for psycho-social trauma interventions. At present, it is not possible to determine which approach is best.

6. Tabular summary

Table 2 provides a summary of the principal findings of this review and compares the organisations (listed in alphabetical order) and their projects that are *relevant for the previous review*, i.e. sports projects related to trauma-relief. In addition to the central assessment criteria discussed in the main body, the table lists information about project budgets, number of beneficiaries, number of relevant projects, as well as the regional focus of the organisation, which also indicates the size of the organisations in question.

Table 2

Organisation name	Type of organisation	Regional focus	Programme	Number of projects	Location	Time frame	Type of disaster	Target group	Number of beneficiaries	Type of sport	Trainer	Budget (USD)
CNVLD	Sport-focused	Cambodia		1	Cambodia	ongoing	Civil war	Landmine survivors; former combatants; PWDs	n.a.	Volleyball; basketball; cycling and others	n.a.	n.a.
Espérance	Development-through-sport	Rwanda	Football pour la paix	1	Rwanda	2001-2005	Genocide	Youth (8-19)	800	football	n.a.	250 per event involving 60 participants
FIFA	Sport-focused	worldwide	Tsunami-working group (together with AFC)	6	Indonesia, Sri Lanka, India, Maldives, Thailand, Bangladesh	n.a.	Tsunami	Professional and amateur football players; children	n.a.	football	Professional	Approx. 10 million
			Hurricane Ivan	6	Grenada, Haiti, Jamaica, Cayman Islands, Bermuda	2004	Hurricane	Professional & amateur football players; children	n.a.	football	n.a.	1 million
			Earthquake in Pakistan	1	Pakistan	n.a.	Earthquake	Professional & amateur football players; children	n.a.	Football	Professional	n.a.
Handicap International	Humanitarian Aid / Development	50 countries worldwide	Promoting physical activities for disabled people in Afghanistan	1	Afghanistan	2004-2005	War	PWDs	n.a.	Primarily football	n.a.	n.a.

Organisation name	Type of organisation	Regional focus	Programme	Number of projects	Location	Time frame	Type of disaster	Target group	Number of beneficiaries	Type of sport	Trainer	Budget (USD)
IPC	Sport-focused	160 countries worldwide	Rehabilitation-through-sport	1	Angola	2004-2005	Civil war	Landmine survivors; physio-therapists; sport trainers	n.a.	n.a.	Professional	115,000
			Rehabilitation-through-sport in the tsunami affected areas (RESTA)	1	Sri Lanka	2005-2006 (will be continued)	Tsunami	PWDs; physio-therapists; sport trainers	72 directly; 800 indirectly	Primarily athletics	Professional	Approx. 70,000
LSN	Humanitarian Aid / Development	East Africa, Europe, Latin America, Middle East, South East Asia	Sitting volleyball programme and Annual Princess Diana Sitting volleyball Tournament	1	Bosnia-Herzegovina	1997-present	Civil war	Landmine survivors	500-600	Wheelchair volleyball	n.a.	n.a.
Magic Bus	Development-through-sport	India	Train-the-trainer Programme	1	Tamil Nadu, India	2005	Tsunami	Female teachers in tsunami-affected villages	n.a.	Outdoor sports	Professional	n.a.
Mercy Corps	Humanitarian aid / Development	global	Soccer Fever	1	Sudan	ongoing	Civil war	IDPs, children; young adult coaches	100s of children; 70 coaches	Football; skipping rope and other games	Volunteers	n.a.
RPF	Development-through-sport	South Asia	Personality development of war-affected children	1	Sri Lanka	Long-term	Civil war	Children & youth	510	Karate	Professional	4800 per year

Organisation name	Type of organisation	Regional focus	Programme	Number of projects	Location	Time frame	Type of disaster	Target group	Number of beneficiaries	Type of sport	Trainer	Budget (USD)
RTP	Development-through-sport	Africa, Asia, Middle East	SportWorks	25	Azerbaijan, Benin, Chad, Ethiopia, Indonesia, Jordan, Lebanon, Pakistan, Palestinian Territories, Rwanda, Sierra Leone, Sri Lanka, Sudan, Tanzania, Thailand, Uganda, Zambia	1-2 years, varies according to location	Armed conflict; civil war; genocide; tsunami; earthquake	Refugee children & youth; former child soldiers; tsunami & earthquake survivors; local coaches	2500-8500 children & youth; 25-100 coaches per project	Various	Volunteers	n.a.
			SportHealth	1	Liberia	2005-2010	Civil war	IDPs and local children & youth; returnee refugee coaches	n.a.	Football and volleyball	Volunteers	n.a.
SAD	Development-through-sport	Middle East, South Asia, Africa, Russia	Sport & Play for Traumatized Children and Youth	1	Bam, Iran	2004-2005	Earthquake	Children & youth (6-18)	Approx. 250	Football, volleyball, basketball, gymnastics, karate, table tennis	Professional	160,000
			Social and Ethnic integration via Sport and Games	1	Sri Lanka	2006-2007	Tsunami; civil war	Children & youth (9-19), all ethnicities & religious groups	1200 children & youth	Cricket, soccer, volleyball, badminton, indigenous sports & games	Professional	215,600

Organisation name	Type of organisation	Regional focus	Programme	Number of projects	Location	Time frame	Type of disaster	Target group	Number of beneficiaries	Type of sport	Trainer	Budget (USD)
SDC	Humanitarian aid / Development	Africa, Asia, Latin America, the Caribbean, South East & Eastern Europe, Middle East	Psycho-social and Sport Programme for Children of Beslan	1	Beslan, North Ossetia	2004-2005	Terrorist attack	Children & youth, victims	500-600 per month	Various	Professional	Approx. 252,000 for the first 2 years
			Sport, education and resiliency-building for children of Beslan in the mountains of Tsey	1	Beslan, North Ossetia	2005-2007	Terrorist attack	Children & youth, disabled and non-disabled	Over 500	Skiing, climbing	Professional	Approx. 329,000
SSF	Development-through-sport	South Asia, South America, West Africa, Europe	Psycho-social assistance to help children and communities affected by the tsunami to recover from their trauma	2	Sri Lanka, India	2005-2007	Tsunami	Affected children (5-17)	8000 in Sri Lanka, 1000 in India	Football, basketball, indigenous sports	Professional	Approx. 252,000 (Sri Lanka only)
			Social link for children having experienced conflicts	1	Kosovo	2002-2003	Civil war	Children from multiethnic backgrounds in conflict areas	200	Football, basketball, handball, volleyball, gymnastics	Professional	n.a.
			Sport et femmes	1	Afghanistan	2003-2006	War	Young women from Kabul	100	Karate	Professional	n.a.
			Enfants des rues et en grande difficulté	1	Afghanistan	2003-2007	War	Orphans and other vulnerable children; trainers	60 boys; 40 girls; 20 trainers	Karate	Professional	n.a.
TdH	Humanitarian aid / Development	38 countries world-wide	Movement, Games and Sport	3	Iran, Colombia, Sri Lanka	2005-2006 completed	Earthquake; tsunami; civil war	Community sports animators	54 trainers	Small cooperative games; various sports	Professional	80,000

Organisation name	Type of organisation	Regional focus	Programme	Number of projects	Location	Time frame	Type of disaster	Target group	Number of beneficiaries	Type of sport	Trainer	Budget (USD)
The Glocal Forum	Development-through-sport	Europe, United States, Africa, Middle East, Asia, Latin America	We Are the Future	6	Ethiopia, Eritrea, Rwanda, Sierra Leone, Afghanistan, Palestine	2004-2006 completed	Armed conflict, war & genocide	Orphans & vulnerable children (0-6), urban youth aged 18-24	300 children & 20 youth coaches per project	Football and various other sports	Volunteers	n.a.
TKL Uganda	Development-through-sport	Uganda	The Kids League	3	Uganda	Long-term	Civil war	Children & youth	n.a.	Football, netball	Volunteers	n.a.
UK Sport	Sport-focused	Worldwide	The Ballons Rouges project	1	Azerbaijan	2004-2007	Armed conflict	Children & youth, IDPs	n.a.	n.a.	Professional	n.a.
UNHCR	Humanitarian aid / Development	Worldwide	Sport activities for refugee youth	25	Mostly Africa, also Asia, Latin America, Europe	Ongoing	Armed conflict	Refugee children & youth	Several 1000	Team sports e.g. football, volleyball, basketball	Volunteers	Approx. 250,000 per year
WWB	Development-through-sport	Middle East, South Asia, East Africa, Latin America, Europe	Kicking for Reconciliation	1	Rwanda	2005-2006 completed	Genocide	Girls & young women, Hutus & Tutsis	160	Football	n.a.	n.a.
			Women swimming into the future	1	India	2006 (one week pilot)	Tsunami	Girls & women; trainers	80	Swimming	Professional	35,000