



GIZ Regional Program: Exchange, Education, and Conflict Transformation Through Sport for Development (S4D)



Youth

Leadership Program

Engaging Youth in Sport and Play for Social Change



Support

Children have a natural urge to move and play. They discover the world and make friendships in the schoolyard. Every opportunity to get active teaches important life lessons and creates a positive learning environment. An active school is the basis for a healthy development of our children and youth.



— *Ministry of Education*



Sport is about success and setbacks, about passion and dreams. Behind every achievement, there is an outstanding effort and a clear vision of individuals who are driven by the passion for sport. We are happy to support the **“Youth Leadership Program”** on its way towards a more active future of children and youth in Jordan.

— *Association Football Development Programme*

Implementation

The **“Youth Leadership Program”** is implemented by GIZ “Exchange, Education and Conflict Transformation through Sport for Development”, on behalf of the Federal Ministry of Economic Cooperation and Development (BMZ).

Youth Leadership Program

Engaging Youth in Sport and Play for Social Change

The GIZ promotes leadership potential in motivated girls and boys, encouraging them to engage as coaches and role models for fellow children and youth. The one-year program trains Youth Leaders to apply knowledge and skills from the Sport for Development (S4D) approach in self-initiated sport and play-based activities within their schools and community centers. Certified mentors will team up with a group of Youth Leaders to ensure close support and guidance.

With the **Youth Leadership Program**, the GIZ engages youth in S4D to promote social change in targeted communities:

Our goal: Every young person has access to and positive experiences with sport and play activities.

By engaging and mentoring youth in sport and play GIZ aims to promote social inclusion, prevent conflicts, and improve the health and well-being of young people from all social, ethnic, and religious backgrounds.



Youth in Jordan

High Potential in Uncertain Times

With young people (aged 12–30) constituting one third of the population, and 35.8% below the age of 15, Jordan is a very youthful country. Many find it difficult to participate fully in the economic, social, political, and cultural lives of their communities. They are seeking ways to have greater economic opportunity, live more healthily, and find deep and meaningful ways to belong and contribute to society. Along with the rapid population growth in Jordan caused by the crisis in Syria, Jordanian youth face multiple challenges.

Youth stopped moving

The growing trend toward physical inactivity, though often underestimated, is urgent. Only few children in Jordan aged 6 to 11 complete the recommended 60 minutes of moderate physical activity *most days* of the week. There are various reasons why young people do not practice sport. A lack of low-cost quality sport programs; expensive, difficult-to-access sport equipment or facilities; and the excessive use of digital devices all hinder regular physical activity. In combination with widespread poor nutrition, Jordan is already at the forefront of a worldwide negative trend: 30% of the population is obese, and diabetes is among the top ten causes of death in Jordan (WHO).



Background: GIZ S4D in Jordan and Northern Iraq

On behalf of the German Federal Ministry for Economic Cooperation and Development (BMZ), the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH regional program entitled “Exchange, Education, and Conflict Transformation Through S4D” has been implemented in Jordan and Northern Iraq since 2016. With the implementation of a *Training of Trainers* (ToT) program, GIZ trained over 600 teachers, coaches, and social workers all over Jordan to apply the S4D approach using age-appropriate, fun-oriented, and participatory sport activities to strengthen their players’ social and sportive skills.

With the *Yalla Riyada Initiative*, the GIZ *benefits* from local talent by working with experienced and S4D-certified coaches and teachers who act as local mentors for Youth Leaders.



Youth Engagement as a Driver for Development

Civic engagement of youth in Jordan is low; only 2.7% of Jordanian youths are engaged in civil society groups. The barriers to volunteer work are often high, so it is not a very attractive option for youth. However, young people's active participation in charitable work is considered a key driver for the social, cultural, political, and economic progress of the society. According to the 2018–2020 Jordan Response Plan (JRP), "Community-based initiatives, including those targeting youth, are more important than ever to build self-reliance, promote positive coping mechanisms, and encourage social cohesion."

"Participation is a fundamental right. Through active participation, young people are empowered to play a vital role in their own development as well as in that of their communities. To participate effectively, young people must be given the proper tools, such as information, education about and access to their civil rights"

— UN focal point on youth (UNDESA)



The Approach

The GIZ empowers motivated girls and boys to capitalize the potentials of sport for a healthy and peaceful community. Youth Leaders are trained in fundamental life skills, sport facilitation skills, and project management skills during a comprehensive and sport-based qualification phase. The volunteers will be sensitized to their own role within the organization and the impact of their behavior on a team. The training prepares each team of Youth Leaders to develop and implement an activity plan that meets local needs. They will actively gather local support and establish a program plan with inclusive S4D training sessions and sport festivals for children and fellow youth. Close mentorship by experienced GIZ staff and local mentors (S4D-certified coaches) ensures support during each step of the project.

GIZ empowers young volunteer leaders to initiate and sustain behavioral change using sport as a platform.

They strive to enact positive change in their lives and in the lives of others, ultimately contributing to an increasingly safe, rights-based society.

Youth Role Models: Making the Difference

Volunteer youth from across Jordan go through a selection process to be chosen as Youth Leaders to attend the Youth Leadership Program. The boys and girls are between 15 and 19 years old and are expected to meet strict selection criteria, including leadership potential and determination to change and achieve lasting impact; passion for sport and commitment to S4D values; and the ability to attract support, motivate others, and learn and adapt.

Mentor: Friend and Partner

The mentor is an essential actor in the successful implementation of the program. He/she is an S4D-certified coach or teacher. Mentors have extensive experience in the implementation of high-quality S4D programs and a determination to embrace the positive development of young people. Also, they play a key role in the identification of young volunteers, and they participate in trainings and work closely with the youth to implement activities on the ground.

Players

9–14 yrs

Participate in YL sport and play sessions and events



Youth Leaders

15–19 yrs

Facilitate sport and play sessions and events



GIZ Instructors

Provide training and regular follow up



Mentors

Ensure youth receive regular support and feedback



Training

A series of workshops provides Youth Leaders with basic skills in sports facilitation and civic engagement, preparing them to carry out S4D training programs within their communities. With a mix of practical and theoretical sessions, the participants try to find answers to questions like: How can I be both a good sports coach and social change-maker at the same time?

Thanks to an emphasis on participative and interactive exercises for the group, participants will be sensitized to their own roles in the group and the impact of their behavior on the team. They acquire important self-reflection and cooperation skills with the goal of applying their personal learning outcomes to the context of their school or community center. Further topics concentrate on event management, first aid, and conflict resolution strategies.

The workshops are delivered by experienced and certified GIZ instructors. Their experience from the field helps Youth Leaders build confidence and engage in challenging everyday situations that arise during implementation.

The Youth Leadership Pathway

Three Phases of Development

The twelve-month program is divided into three phases:

Areas in Jordan in 2019:

- Amman
- Madaba
- Zarqa
- Jerash
- Ajloun
- Mafrq

Identification: two months

GIZ visits and identifies local **volunteering youth** through S4D-certified coaches and teachers (mentors).

GIZ **introduces the program** to principals, parents, youth, teachers, and coaches in a meeting and answers open questions.

A series of workshops trains both Youth Leaders and mentors to work as a team and to apply S4D activities.

The team creates **activity plans** based on the local needs of their schools and community centers.

The first **activities are carried out** with provided equipment and under GIZ supervision.

Qualification: three months

Consolidation: seven months

Youth Leaders facilitate **regular training sessions** with mentor support.

Youth Leaders host **sport festivals and advocacy events**.

Additional workshops and **national exchange** events bring together Youth Leaders from all over Jordan.

S4D: Growing Together On and Off the Pitch

With their strong emphasis on both social and sportive skills, all S4D methods strengthen important values such as fair play, empathy, and tolerance, while being open to all parts of the population, particularly girls/ young women, refugees, people with disabilities, and other marginalized groups. On the pitch, all children find common ground to interact with each other and solve conflicts peacefully. Active reflection sessions help them to deal with setbacks, make solid decisions, and treat each other with respect. S4D activities strive to create a more cohesive and physically active society.

GIZ Instructors Program: From Youth Leader to GIZ Instructor

Youth Leaders with ambitions to pass on their experience to future volunteers are encouraged to obtain the additional qualification of GIZ instructor. This qualification model ensures the outreach and sustainability of the program. These new instructors will train and mentor others and are key in implementing, monitoring, and evaluating S4D activities.



Sport as a Platform for Civic Engagement

Sport offers numerous options for young people to serve the community. Proactive and self-confident youth contribute to healthy and sustainable community development. Although volunteering work requires strong commitment, the boys and girls who make that commitment will benefit in many ways from the time they invest.

Why Youth Are Not Involved



- » Lack of initiatives in the neighborhood that foster youth participation
- » Poor management of social projects
- » Strong detainment of youth in hierarchy structures among local decision-makers
- » Priority on school and family obligations
- » No direct income from volunteer work

Why Youth Should Get Involved



- » Positive impact on community life
- » Improved situation for disabled and other vulnerable people.
- » Learning crucial skills such as public speaking, nonviolent conflict resolution, time management, etc.
- » Gaining knowledge on health, nutrition, sports and other interesting topics
- » Enhanced access to higher education and employability
- » Establishment of valuable, professional networks for the future
- » New friendships with like-minded youth from all over Jordan
- » Contribution to a better, cleaner, and healthier environment
- » And more!

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For more information on the Youth Leadership Program, please contact us directly:

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 Sport for
Development


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