

# Promoting reproductive health and education through sport

## Sport for Development in Namibia

### The challenge

Namibia has one of the highest HIV prevalence rates worldwide. Representing around 43 per cent of all new infections, youth in the age of 15-24 years is particularly affected. Physical health, prevention of early pregnancies and strengthening the role of women in Namibian society are therefore key tasks for the National Development Plan. Sport is one area of life in which girls and boys can express themselves freely – through sport they can be encouraged to adopt a healthier lifestyle and strengthened in their awareness of gender roles. This is where ‘Sport for Development in Africa’ (S4DA) has a role to play.

### Our approach

The United Nations recognises sport internationally ‘as a means to promote education, health, development and peace’. German development cooperation also uses the opportunities offered by ‘Sport for Development’. Sport allows children and young people to lead healthy lives, and it teaches them to take on responsibility, behave fairly and resolve conflict peacefully. These are key skills that will later help them gain a foothold in the working world. German development cooperation trains coaches for this purpose. They are role models and figures the young people can trust. The coaches give the children and young people a stronger sense of self-esteem and help them develop prospects for the future. During training, they address health-related topics such as HIV prevention and alcohol abuse. Sport is not just physical exercise, it is part of their education.

Project title	‘Sport for Development in Africa’ (S4DA) Regional Project
Commissioned by	German Federal Ministry for Economic Cooperation and Development (BMZ)
Project regions in Africa	Multi-state project in Namibia, Ethiopia, Kenya, Mozambique and Togo, as well as individual smaller-scale measures in other African countries
Project regions in Namibia	The regions of Ohangwena, Khomas and Oshana
Partners	Namibian Ministry of Education, Arts and Culture; Namibian Ministry of Sport, Youth and National Service (MSYNS); SCORE; Valombola Vocational Training Centre; Eenhana Multi-Purpose Youth Resource Center (EMPYRC); <i>Fédération Internationale de Football Association (FIFA)</i> ; German Football Association (DFB); Namibian sports associations for football (NFA), basketball, volleyball and netball
Overall term	2014 to 2018

Together with local and international partners from the fields of policy-making, civil society, business and academia, German development cooperation has built up a sustainable sport portfolio that also helps strengthen civil society and promote democracy. In this way, sport serves as an innovative instrument that drives change and sustainable development – for each individual child and for society as a whole.

### The project

The S4DA project began establishing sport as a tool for achieving development goals in selected African countries in 2014, when the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)



Sport teaches young people important social skills, such as teamwork, discipline and tolerance.



Renovated sports grounds, sets of sports equipment and training for sports teachers improve the educational activities on offer at schools.

GmbH was commissioned by the German Federal Ministry for Economic Cooperation and Development (BMZ). S4DA makes an important contribution to implementing 'More Space for Sport – 1,000 Chances for Africa', the initiative launched by Federal Minister Dr Gerd Müller in 2014.

In Namibia, the aim of the project is to achieve a qualitative improvement in educational services at schools and Vocational Training Centres in the rural region of Ohangwena. Teachers receive advanced training in the 'Sport for Development'-approach and provide voluntary afternoon sports programmes. This measure enables schools to provide teaching on issues such as reproductive health and gender equality outside of normal lessons in a manner that is both engaging and age-specific. Sport has also been shown to be particularly suitable for teaching everyday life skills, which help young women and girls in particular not only to master difficult life situations and develop prospects for their own futures, but also to lead healthy and self-determined lives. For its implementation, the project is able to draw on the experience gathered by German development cooperation in the field of 'Sport for Development' since 2013.

## Results achieved so far

Results achieved so far in collaboration with partners include the following:

- Four sports grounds have so far been rehabilitated or newly constructed at schools, Vocational Training Centres and youth centres in the Ohangwena region. These benefit over 14,400 children and young people.
- The project signed a joint Implementation Agreement with the Ministry of Education, Arts and Culture and the Ministry of Sport, Youth and National Service to increase adoption of the 'Sport for Development'-approach in the Namibian education system.

- Together with the *Fédération Internationale de Football Association (FIFA)*, the German Football Association (DFB) and the Namibian Football Association (NFA), S4DA is implementing the international cooperation project on 'School Sport in the Ohangwena and Khomas Region'. The project is co-funded by private funds and aims to newly construct or rehabilitate sports grounds in the north of Namibia, in order to create access to sports activities at cluster schools.
- The project developed the 'Volleyball4Life' and 'Netball4Life' methodologies and published them in comprehensive handbooks. The handbooks contain illustrations of sports exercises designed to promote the skills required for self-determined and healthy living.
- So far over 51 employees from the partner organisations have been trained in the 'Sport for Development'-approach using the methodologies developed. They learned how to use sport for educational purposes and to promote women and girls. At least a further 23 coaches received advanced training to become 'Sport for Development'-instructors who pass on their knowledge to other teachers and coaches.
- The project has helped to build networks between the relevant partners. In addition, the national sports associations support further training for teachers as well as implementation of 'Sport for Development'-activities at educational institutions.

*Our young girls, especially the under-17 national team that recently participated in the FIFA World-Cup qualifiers, are now sitting together and talking about what university they want to go to and what they want to become. Five years ago most of my national players were school dropouts and, of course, the conversations that they are having now are quite different. And that is the impact that programmes such as 'Sport for Development' have in Namibia and in our society.*

Jacqui Shipanga, Trainer of the Namibian Female Football National-Team

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