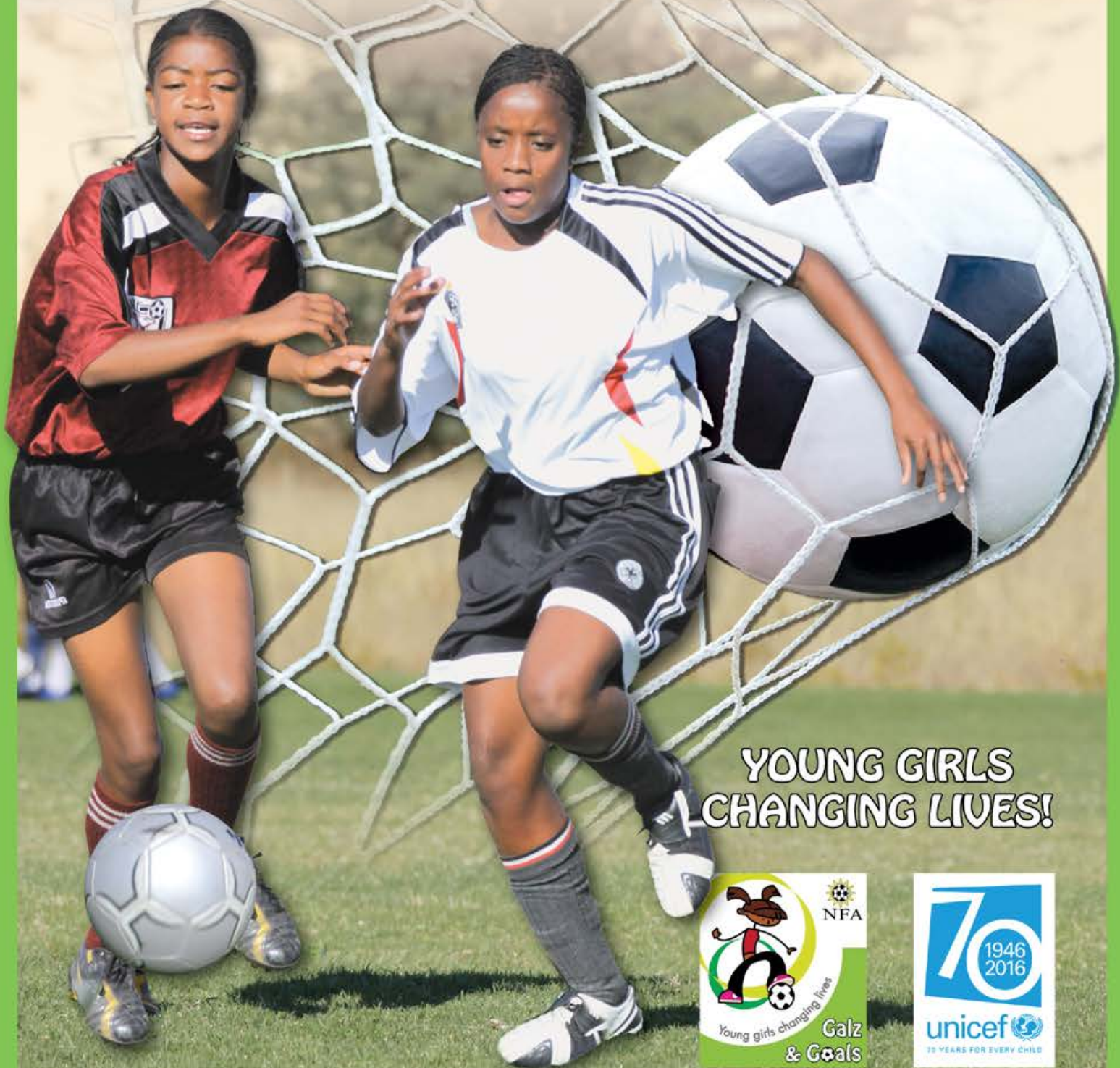


Galz & Goals

Sport for Development Programme
Impact Evaluation in Namibia 2016
SUMMARY REPORT



YOUNG GIRLS
CHANGING LIVES!





Sport for Development is becoming more and more popular in the world as governments and sport bodies realise its importance and how it can contribute to development. Sport improves the players' self-confidence, self-esteem and body image. Through sport, girls are able to develop leadership and negotiation skills. Sport can promote education, which in turn can empower girls and enable them to make the right choices in their lives.

Sport can be used to provide health information and education in a friendly atmosphere which the girls enjoy. The use of sport for health education is especially important for girls who are entering adolescence and facing difficult choices, challenges and risks in connection with sexual activity, pregnancy and HIV. Therefore, Sport for Development programmes can be of great help in preventing many social and economic problems.

In 2009, the Women's Department of the Namibia Football Association (NFA) and UNICEF joined hands to start the Galz and Goals Programme, to open up the game of football to adolescent girls, while at the same time giving the girls information and support that helps them to make the right choices in their lives – such as focusing on school work and avoiding unsafe sex, early pregnancy, and drug and alcohol abuse.

Galz and Goals has made a big difference in the adolescent girls' lives – so big a difference that it has *changed* their lives. Playing football has helped the girls to become team players – on the field and beyond – and to develop a positive attitude to their school work. The life skills training provided through the programme has motivated the girls to pursue their dreams and has kept them away from risky behaviour. The programme has given the girls self-confidence and self-esteem, and also leadership skills.

Adolescent girls in Namibia are highly vulnerable to HIV and AIDS, gender-based violence, and drug and alcohol abuse. By empowering adolescent girls with knowledge, improving their self-confidence, building their leadership skills, diverting them from activities which are likely to expose them to risk, and generally by giving them the tools needed for tackling serious problems that they face, the programme has not only made them less vulnerable, but has improved their lives on the whole.

We were taught how to work hard in school as we do in football so that we can achieve what we want in life.

17-year-old girl in Rundu





Another important achievement of the programme is the high number of adolescent girls playing football in the leagues set up for different age groups (under 13, under 15 and under 17) in 8 of the country's 14 regions so far. In fact, Galz and Goals is now the main provider of players to the national women's football teams. Over the years, the number of girls in the programme has increased and currently stands at over 3 000. But this is a small number compared to the total number of adolescent girls around the country who would like to play football and also learn the life skills being taught in the programme.

To expand Galz and Goals to cover the whole country, the NFA needs more money, more equipment and more staff, both at its head office in Windhoek and in the regions. The NFA has so far run the programme mostly with volunteer teachers as coaches and regional coordinators, but they also have to work in the schools and cannot give more time to the programme. So, the NFA has to consider hiring staff rather than rely only on volunteers (who are not paid anything for this work). In some regions the programme is new and is not doing well because the coaches and committees were not properly trained on how to run it. In future the NFA will not leave a region until the coaches and committees have been fully trained and have the resources they need to run all of the programme activities with minimal external support.

Galz and Goals has clearly proved to be a very important programme for adolescent schoolgirls.

To enable it to grow further, the NFA will try to persuade the Ministry of Education, Arts and Culture to take it over and provide resources such as equipment, transport for the girls to league matches, allowances for the coaches and salaries for the coordinators. The NFA will also provide more resources for its own staff to visit the regions more often to help with any problems they face in running the programme. To date Galz and Goals has been supported by UNICEF, GIZ and SPAR Cape Town.

This programme has been so successful that there are now plans to start Sport for Development programmes in all schools in Namibia.

Learning the FUN way

At the football we are being taught life skills in a more practical way so we take the issues more seriously. We are also being taught using the game, which is more fun.

16-year-old girl in Eenhana



Awards won by Galz and Goals

- Chicago USA, 2010: **Beyond Sport Award** for “Sporting Federation of the Year”.
- Namibia 2010: **Namibia Sports Award** for “Development Project of the Year”.
- Namibia 2012: **Namibia Sports Commission award to the G&G National Coordinator** for “Sports Administrator of the Year”.
- Namibia 2014: **MTC Premiership Chairman’s Award** – for reaching many young girls with a programme that goes beyond sport and educates them in life skills and healthy living.

Empowering girls with knowledge



Information materials produced by Namibian NGOs are made available to Galz and Goals participants.

One major success of the programme was the fielding of a complete team of under-15 girls who travelled to China in 2014 to compete in the Summer Youth Olympics as the **sole representatives of the continent of Africa**:

“In November 2012 a decision was taken by the Confederation of African Football for the NFA’s girls’ U15 team to be the sole representative of the continent at the 14-28 August 2014 Summer Youth Olympics in Nanjing, China.

The NFA has called up a 25-member squad of players who compete in the U15 Galz & Goals’ leagues in Windhoek, Rundu, Eenhana, Otjiwarongo and Okahandja.

These girls were selected last June during the Galz & Goals’ U15 National Championships, hosted in Windhoek. ...”



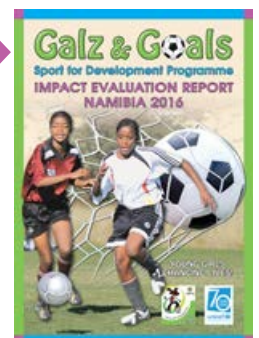
– *The Namibian*, “Namibian girls to face China and Mexico at Youth Olympics”, 15 May 2014

How Selma found her voice

In terms of school work, I have a number of girls who have shown real signs of improvement. One girl at my school was failing; she repeated Grade 5 and Grade 6. She was shy and withdrawn and would only score 5 to 8 marks out of 20 in most exercises. When she joined the team and started playing well, she also began to do well in class. In Grade 7 she passed so well that she was third in her class. She is now doing Grade 9. I asked her how it is that she was now doing better in class. She said: ‘I now know what I am doing’. Before she joined Galz and Goals, she was quiet in class and others would tease her. But when she joined the team, she would no longer tolerate people riding all over her and would assert herself. She found her voice!

– Galz and Goals coach in Rundu

The full impact evaluation report is available at www.nfa.org.na and www.unicef.org/namibia.



GALZ & GOALS: YOUNG GIRLS CHANGING LIVES!