



Namibia: Empowerment of young people, especially girls and young women, through sport

Context

Namibia has one of the highest HIV prevalence rates worldwide. The number of new infections is particularly high in the 15-24 age group. There is a lack of HIV/AIDS prevention measures catering to specific target-groups and people are making insufficient use of the available advisory services and opportunities for testing. The high rate of teenage pregnancies and limited prospects for young people in the country pose additional challenges.

The 'Sport for Development' approach

The United Nations recognise 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.

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

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Partners	Namibian Ministries for Sport; Youth and National Service (MSYNS) and Education, Arts and Culture (MEAC); Namibia Football Association (NFA); Fédération Internationale de Football Association (FIFA); UNICEF Namibia and UNAIDS Namibia; Futouris e.V. and TUI Care Foundation; German Olympic Sports Confederation (DOSB); German Football Association (DFB); Football and Athletics Association of Westphalia, FLVW; etc.
Overall term	Mid 2013 - Mid 2018

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.

'Sport for Development' in Namibia

In Namibia, as in other countries, sports activities such as football and basketball training are a highly effective way of motivating young people to lead healthier lifestyles. In order to ensure that activities are tailored to regional and local needs and circumstances, two 'Sport for Development' concepts and two training handbooks have been developed specifically for use in Namibia. These are used, for example, in the context of the girls' promotion programme 'Galz&Goals' being run by the Namibian Football Association (NFA). The aim is to teach young women and men important social skills through sport and to instil values such as respect, discipline and fair play. The training also includes infor-



The skills developed at basketball and football coaching sessions are not limited to the sport itself. Coaches can also address health-related topics such as HIV-prevention and alcohol abuse.

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mation on HIV prevention.

In Namibia many places lack adequate sports infrastructure. Before sports programmes can be carried out, it is often necessary to construct new sports facilities or rehabilitate existing ones. In the context of the Initiative 'More Space for Sport – 1,000 Chances for Africa' of the Federal Ministry of Economic Cooperation and Development (BMZ), the German development cooperation is working together with the Fédération Internationale de Football Association (FIFA), the German Football Association (DFB) and NFA to develop the required infrastructure. The goal is to construct or rehabilitate 50 sports facilities and develop sustainable concepts for their use. Sports equipment is also made available. These measures are improving the provision of sports activities in schools in the north of the country, particularly in the Ohangwena region.

In September 2016, the Girls' Centre at the NFA facility in Windhoek, which is supported by the German development cooperation, began using an educational sports concept. The centre offers a safe space for girls and young women, who are given support, for example with homework, and can join football-training. For the local community of Katatura there are also organised public information evenings and discussion forums on issues such as health and HIV prevention, careers, first aid and financial independence.

In addition, tourism-related training and professional development courses for young women are run at the Girls' Centre in cooperation with Futouris e.V., a sustainability initiative in the tourism sector, the TUI Care Foundation and local partners.

Partners

German development cooperation activities in the field of 'Sport for Development' in Namibia are carried out in cooperation with the following organisations:

- Namibian Ministries for Sport, Youth and National Service (MSYNS) and Education, Arts and Culture (MEAC)
- Namibia Football Association (NFA)
- Fédération Internationale de Football Association (FIFA)

- UNICEF Namibia and UNAIDS Namibia
- Futouris e.V. and TUI Care Foundation
- German Olympic Sports Confederation (DOSB)
- German Football Association (DFB)
- Football and Athletics Association of Westphalia, FLVW

Success to date

- In cooperation with the women's football department of the NFA, HIV prevention and the teaching of social skills have been fully integrated into football coaching programmes for young people in Namibia. This allows us to target over 6,000 young people. Data from newly developed evaluation instruments indicate an increase in knowledge on HIV prevention and contraception among participants.
- In conjunction with the DOSB, a project was carried out to promote HIV prevention and school education through basketball, entitled 'Free Throw - Basketball Artists Against HIV&Aids'.
- The Girls' Centre in Windhoek supports girls and young women in their personal development. In 2016, 20 young women took part in a course of pre-vocational training. The best twelve participants received a grant funded by the TUI Care Foundation for a one-year, full-time course of training in restaurant management. In 2017 the programme was continued. Further courses in gastronomy and hospitality and a specific course of training as a travel guide are planned.
- In cooperation with FIFA and the DFB, work has begun on the construction and rehabilitation of 50 sports facilities in the north of the country. In addition, 'Sport for Development' training courses are being carried out and sports equipment provided.

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