

International Internship: “Goal Project” by Zambian Sport NGO

① Overview and Purpose

Host organization: (Name) NOWSPAR

(Address) HOUSE NO. 16B, CEDAR ROAD, WOODLANDS LUSAKA

Internship period: (Date) 19 / 7 /2016 - 23 / 8

/ 2016

About organization: NOWSPAR is a non-governmental organization that works to promote the equitable engagement of women in sport, physical activity and recreation in Zambia. They facilitate the enhancement of girls’ and women’ s participation in sport and recreation at all levels.

My internship:

Through the internship, my job was mainly two part. One is project running. The goal project which is to empower adolescent girls through leadership skill building and financial literacy as one step in their process of economic empowerment. Second is public relations. I attend the Agricultural Commercial Show represented the NGO. The show is very good chance for NGO to connect other organizations/individuals because he NGO depend on the overseas found.

② 実施内容と成果

a) Project

Project Name : Goal Project

The aim of this program is to empower adolescent girls through leadership skill building and financial literacy as one step in their process of economic empowerment. We work directly with girls using a sport based leadership development program that covers personal awareness, health financial literacy and prevention of gender based violence.

Funder: Women Win (From Standard Chartered Bank), 2014-2016, Amount Per Annum: \$65000

	Before Trip	Before the Event	During the Event	After the Event
Preparation	Define the target Project Design Matrix(PDM) Find and define the issues Setting the goal	Target details Equipment Staff arrangement Making the questionnaire Demonstration		
Implementation		Meeting with staffs Confirming the schools	Program running Managing the timeline Risk management	
Monitoring & Evaluation	Making the Hypothesis	Brush up the hypothesis	Questionnaire Interviews	Interviews Analyzing the data Making the report

Timeline and Program Design

The Event

The Participants were over 200 children and 100 galleys. There were 2 pools which total 8 teams participated in the event. They came from several communities in Lusaka. There were 16 matches we organized. Each community team has one coaches who also did the referee. Each game was 7-minute half, and the total number of games were 16. The field was outside and concrete ground. We hosted DJ and he played the music during the event. It was very unique for me Japanese, but it usual to play sport with music in Zambia. Participants who were waiting for next game danced.



Picture: Net ball match

③ Significance

The program can encourage and promote engagement of women and girls in all areas, levels and abilities in physical activity, sport and recreation for fun and excellence.

As an unexpected result, my activities were recognized one of the “Sport for Tomorrow” activities which is one of international contribution policy by Japanese Government. This aim is a joint initiative between public and private sectors to “promote sport to more than 10 million people in 100 nations until 2020, the year when Tokyo will host the Summer Olympic and Paralympic Games” .

It was good experience to share knowledge for each other, and it was become first step for future sport exchange. The program can contribute to make sport networking with local



stakeholders.