



CAROLINA FOR KIBERA, INC.

Youth Sports Program

FedEx Global Education Center, Third Floor
301 Pittsboro Street, Campus Box 5145
Chapel Hill, NC 27599-5145
Tel: (919) 843-6842
Fax: (919) 962-5375
<http://cfk.unc.edu>



EXECUTIVE SUMMARY

Kibera, east Africa's largest slum, is a microcosm of many of the world's most vexing issues – poverty, poor healthcare, severe water shortage, the spread of HIV infection and lack of women's rights. More than 700,000 people live in a 630-acre area (about 2.5 square kilometers)¹ outside of Nairobi, Kenya. It is one of the **most densely** populated urban settlements in the world. The vast majority of Kibera's residents live in abject **poverty** with few government services. Kibera faces an exploding **youth** population, representing over half of the slum's entire population – a population that is largely unemployed and will continue to multiply. Much of our global population growth will occur in developing, **urban** settlements like Kibera. A myriad of Kenyan ethnic groups from various religious backgrounds call Kibera home, and the slum has a violent history of **ethnic clashes** between these groups. An estimated 12 to 15% of Kibera's population is infected with **HIV/AIDS**,² a situation exacerbated by the lack of basic **human rights** for girls and young women. Like billions of people in the world, even the most exceptional and promising youth in Kibera lack opportunities to get an **education**, live healthy lives, and lead others as agents of **social change**.

Established by college students in 2001, **Carolina for Kibera** (CFK) is doing something about it. With an innovative, holistic approach, CFK tackles some of Kibera's most desperate problems from the ground up. CFK bridges the gap between Kibera and concerned outsiders who want to help. In this regard, the organization is a model of effective **participatory development**. Kibera youth lead CFK, and the community drives the work on the ground. Meanwhile, CFK volunteers from the United States, Canada, and Europe help mobilize communities, network, advise and fundraise.

¹ <http://www.warmafrica.com/index/geo/8/cat/1/a/a/artid/541>

² Carolina for Kibera, Inc. <http://cfk.unc.edu>



It's working. TIME Magazine and the Gates Foundation recognized CFK as one of only ten **'Heroes of Global Health'** in 2005. In six short years, CFK's programs have grown to include 5,000 youth. Our healthcare services reach tens of thousands. CFK members from Kenya have traveled all over the world to share the CFK participatory **model** with other developing countries. Most recently, CFK alumna Fatuma Roba traveled to New York City where she formally addressed the **United Nations Assembly** about her life as a woman in Kibera and her experiences with CFK's women's reproductive health center.

So, in this world of plenty, we say: **we must do more.** Everyday CFK saves lives and creates opportunities in a place that outside observers often cast away as hopeless. CFK is shaping a **new generation** of African leadership – a generation that has risen above the unforgiving cauldron of poverty to inspire and lead others to do the same. **Join us. Tujiunge tuangaze. (Let's unite and shed light.)**

THE COMMUNITY: *Why Invest in Kibera*

Kibera – Community Size and Key Trends

A group of Nubians (Sudanese) first settled Kibera after fighting with the British army in World War I. Today, over 700,000 people, half of whom are under the age of 15, live in an area of Nairobi, Kenya that is the size of Manhattan's Central Park. Homes are generally one-story, one-room, 10 ft. x 10 ft. huts made of mud and corrugated tin roofing. On average, five people live in each room. There are an estimated





2,000 people living per hectare, according to a report by the Water and Sanitation Program.³ The same report estimates Kibera's population at over one-fourth of Nairobi's entire population.⁴

There is a severe shortage of basic government services, such as the provision of clean water, healthcare, education, and sewage disposal. Water runs through corroded, plastic pipes that, when cracked, are repaired with duct tape or remain open for contamination by waterborne diseases. The water pipes run alongside the exposed sewage trenches, carrying human waste and refuse to a river feeding the Nairobi Dam where people swim, bathe and wash clothes. Moreover, official estimates indicate that over 12 to 15% of the population is HIV positive.

Kibera has a violent history of ethnic and religious conflict. Five of Kenya's six largest ethnic groups (Kikuyu, Kisii, Luo, Luhya, and Kamba) call Kibera "home," and the Nubians, a Muslim group, claim land tenure rights to the slum. Kibera has experienced a handful of intense, bloody ethnic clashes. In each case of collective violence in Kibera, the combatants were predominately unemployed youth, aged 16-30 years. According to a 2003 study by Oxfam, 37% of school-going age children were not even in the educational system and 70% of the children attending school only have limited access to informal schools and community centers. Approximately 80% of all youth in Kibera lack formal employment,⁵ while the UN estimates that 35-45% of the entire slum population is unemployed or underemployed.⁶

Kibera is a microcosm of the rapid growth of slums worldwide. The UN projects the world's population to increase by over two billion the next 25 years. Nearly 90% of that growth will occur in developing urban areas across the globe.⁷

Community Analysis

Residents of Kibera perform basic market analyses of their environment every day. It is the only way in which they can survive on less than a dollar a day. Consider, for example,

³ "Understanding Small Scale Providers of Sanitation Services: A Case Study of Kibera." Water and Sanitation Program. (June 2005) p 2.

⁴ Ibid.

⁵ Carolina for Kibera, Inc., located at <http://cfk.unc.edu/kibera.html>

⁶ <http://statehousekenya.go.ke/oafla/speeches/f-lady/sept04/2004050901.htm>

⁷ <http://www.un.org/esa/population/publications/sixbillion/sixbilpart1.pdf>



the late Tabitha Atieno Festo, a registered nurse and founder of CFK's Tabitha Medical Clinic. In 2000, Festo approached Barcott with a small business plan for which she needed financing. Festo had done some research and discovered that if she bought vegetables in Kibera and sold them in a wealthier Nairobi neighborhood, she could undercut her competition's prices and still make a profit. Barcott gave her US \$26. When Barcott returned to Kibera a year later to establish the youth sports league, Festo had turned a profit on the gift and opened a small medical clinic in her home where she had begun to treat patients. Kibera is bursting with social entrepreneurs like Festo. CFK attracts young leaders with Festo's spirit, ingenuity, and business acumen by offering the professional structure, networking and resources with which residents of Kibera develop ways to improve their community.

YOUTH SPORTS PROGRAM

The CFK Youth Sports Program addresses three key social problems: ethnic violence, youth unemployment, and public health. CFK brings together male and female youth of different ethnicities to promote community cooperation and development through sports. CFK runs the only all-girls soccer tournament in Kibera, and each CFK soccer team is required to be ethnically diverse. In this way, CFK helps assuage ethnic tension at a grassroots level.



In order to participate in the soccer tournament, players must also be active participants in CFK community clean-ups. Players can earn points for their team by participating in a clean-up, which can then be used to qualify the team for the final tournament. On average, CFK holds a community clean-up in one of Kibera's eleven villages twice every month, where youth literally clean the slum with shovels, trash bags, and pushcarts. Membership in CFK's sports association has grown by over 25% since 2003, and participation in CFK's community clean-ups is always between 500 and 700 participants.

Each team in the Youth Sports Program has a team coach and referee who is typically an older youth volunteer in Kibera. CFK referees and coaches help enforce the CFK Youth



Fair Play Code, which governs players' behavior both on and off the playing field. This organizational structure creates role models in the community and provides kids with an opportunity to excel at sports as an alternative to violence and other vices.

CFK's Youth Sports Program offers workshop and training to participants in order to develop leadership skills on and off the field. The program's partnerships with local Kenyan businesses result in trainings and employment opportunities for Kibera youth. Additionally, CFK referees and coaches participate in youth development seminars, and the Youth Sports Program rewards its most active members with educational or small business grants. Fifteen of the most involved leaders of the program were selected to participate in a national referee training and are now licensed to work in any division of the Kenyan soccer league.

The Youth Sports Program is also tackling HIV/AIDS through its Kicking AIDS Out! (KAO) project. Every weekend, 20 peer educators attend soccer matches and engage youth by playing soccer skills-related games. Afterwards, facilitators help participants to relate the game to life skills and HIV/AIDS education. In this way, participants connect their own real-life experience to the information offered in the discussion. KAO peer educators attend regular leadership training to develop facilitation skills and are required to attend refresher courses about HIV/AIDS.

CFK seeks to expand its presence in Kibera and serve as a model for other community-based organizations in difficult, disenfranchised, and often dangerous places worldwide. CFK is already playing this role. For example, CFK Youth Sports Program Officer Abdul "Cantar" Hussein traveled to the Gambia in May 2007 to advise a nascent organization interested in applying CFK's sports model to its own program. Cantar trained his colleagues on mobilization skills, community involvement, operational structure, coaching, tournament organization, and gender equality.

ACCOMPLISHMENTS

- Over 20,000 patients treated in the Tabitha Medical Clinic last year.
- CFK Executive Director Salim Mohamed selected as an Africa Fellow for the 2007 TED Global Conference in Tanzania.
- Over 5,000 youth engaged through the CFK Youth Sports Program since its inception.
- 42 American, Canadian, and European college-students have volunteered with CFK on the ground in Kibera.



- 40 girls trained on financial literacy
- 67 youth currently employed in Taka ni Pato; nearly 200 youth engaged since inception.
- 18 youth employed through Base of the Pyramid self-initiated businesses.
- 250 girls reached by Safe Spaces program.
- 28 girls' secondary school scholarships provided last year.
- Sponsored by the Ford Foundation, CFK Executive Director Salim Mohamed presented at the International AIDS Conference in Bangkok, Thailand in 2003.
- One of only a few medical clinics in Kibera that provide full-time medical doctors in partnership with the U.S. Centers for Disease Control and Prevention (CDC).
- The only grassroots organization invited to participate in the 2006 Brookings-Blum Roundtable on "Poverty and Insecurity" at the Aspen Institute.
- Binti Pamoja founder Karen Austrian and program coordinator Caroline Sakwa developed a financial literacy curriculum for poor girls, which will be distributed globally by the Global Financial Education Program (funded by The Citigroup Foundation).
- Sales of Light Box (see p. 17) have raised \$69,537 in girls' scholarship funds.
- CFK's Board member Sammy Gitau received a full scholarship to attend the University of Manchester to study for a Masters in Social Development, despite the fact he never completed high school.
- Founder Rye Barcott named an ABC World News Person of the Year for 2006.
- CFK's Salim Mohamed featured in Somali hip hop artist K'Naan's video "4REAL Kenya"
- One of ten organizations worldwide named a TIME Magazine and Gates Foundation 'Hero of Global Health' at the 2005 Global Health Summit in NYC.
- Over 2,000 tons of trash cleared from Kibera by Taka Ni Pato in 2006.
- CFK featured on the cover of TIME for Kids Magazine, March 30, 2007, "A Higher Goal: Soccer is Helping Kenyan Kids Get Set for the Future."
- Binti Pamoja alumna and Kibera resident Fatuma Roba addressed the United Nations Assembly and attended the UN Commission on the Status of Women in March 2007 in New York City.
- 85 current members and 18 alumni of the Binti Pamoja Center.
- One of seven programs worldwide identified as an example "of innovation and...effective work" in HIV Prevention with Especially Vulnerable Young People, a book published by the Thomas Coram Research Unit at the University of London.
- Recognized and visited on the ground by leaders such as Graca Machel (wife of Nelson Mandela), Barack Obama, Melinda Gates and Pamela Omidyar.
- Global media recognition: BBC The World, ABC World News, The Christian Science Monitor, Los Angeles Times, TIME Magazine, Reuters, Associated Press, Financial Times, Sarah McLachlan's "World On Fire" music video.
- Raised over \$1,000,000 in private donations and grants from individuals and major foundations, such as the Ford Foundation, Reuters Foundation, William R. Kenan Charitable Trust, Nike Foundation, American Jewish World Services, and the Omidyar Network.
- 31 youth trained in computer literacy skills.



LEADERSHIP: Our Team

Our team in Kibera is professionally trained and experienced in managing both the financial and programming components of a community based organization. Most importantly, many of them have been living in Kibera for years; their first-hand knowledge of the social and political structures within the slum is invaluable.

SALIM MOHAMED, Executive Director, has been with CFK since its founding in 2001. Salim was abandoned by his mother and spent the first four years of his life on the streets of Nairobi with his grandmother, a vegetable hawker. When Salim turned five, his grandmother took him to Mama Fatuma Children's Home. In 1988 Salim joined the MYSA, a nascent youth sports association in Mathare founded by a United Nations Development Program advisor. At 16-years-old, Salim led an organization with over 2,000 members and an annual budget of over \$150,000. After graduating from high school, Salim was hired by MYSA as a full-time HIV/AIDS project officer. The British Council has twice employed Salim as a consultant to help launch youth sports associations in Ghana and Nigeria. In 2002, he was nominated to serve on the Diversity for Peace Advisory Board with Nobel Peace Laureates Oscar Arias Sanchez, Mairead Corrigan Maguire, and Norman Borlaug. Most recently, Salim presented at the International AIDS Conference in Thailand and was selected to participate in the YES! Jams Conference in Senegal. Salim was also selected as a TED Conference Africa Fellow for 2007.

CAROLINE SAKWA, Deputy Director, has been with CFK since 2003. She has an extensive background in community based development and peer education. Caroline is trained as a peer youth counselor and in dramatic performance. Also a peer trainer for reproductive health issues and HIV/AIDS advocacy, she was a volunteer facilitator with the Mathare Youth Sports Association (MYSA) HIV/AIDS project. Caroline also held key leadership roles with the Nairobi Youth Counseling Centre, National Youth HIV/AIDS Theatre Outreach Program (NYATOP), and the Kenya Voluntary Development Association (KVDA). In 2002, she worked with Save the Children (UK) to train youth from the Mukuru Kwa Reuben slums in peer education and HIV/AIDS. Also, Caroline was a youth representative for a study tour in Eritrea with the UNFPA Kenya office and represented the organization again in a conference on peace, conflict resolution and reconstruction in Harare, Zimbabwe. Caroline has a BA in Social Sciences and Human Praxis from the Catholic University for East Africa.

EDWIN OYENGO OYUGI, Finance and Administration Officer, is a Certified CPA Section 2 Accountant in Kenya. Edwin ensures that the organization funds are appropriately managed, and he prepares the budgets and quarterly financial reports.

ABDUL "CANTAR" HUSSEIN SULEIMAN, Youth Sports Program Officer, joined CFK in 2001 as the elected Youth Representative from Makina Village. In 2002 Cantar became the CFK Sports Council Chair, was awarded the first CFK Provost Leadership Award, and subsequently was appointed Youth Coordinator. Cantar finished his high school studies at Kisii High School in 1998 and played professional soccer until suffering a debilitating knee injury in a nationwide soccer match in 1998.