



“Through boxing I have become calmer and more confident. I have even noticed this in school. I am no longer afraid of presenting my ideas in front of others.”

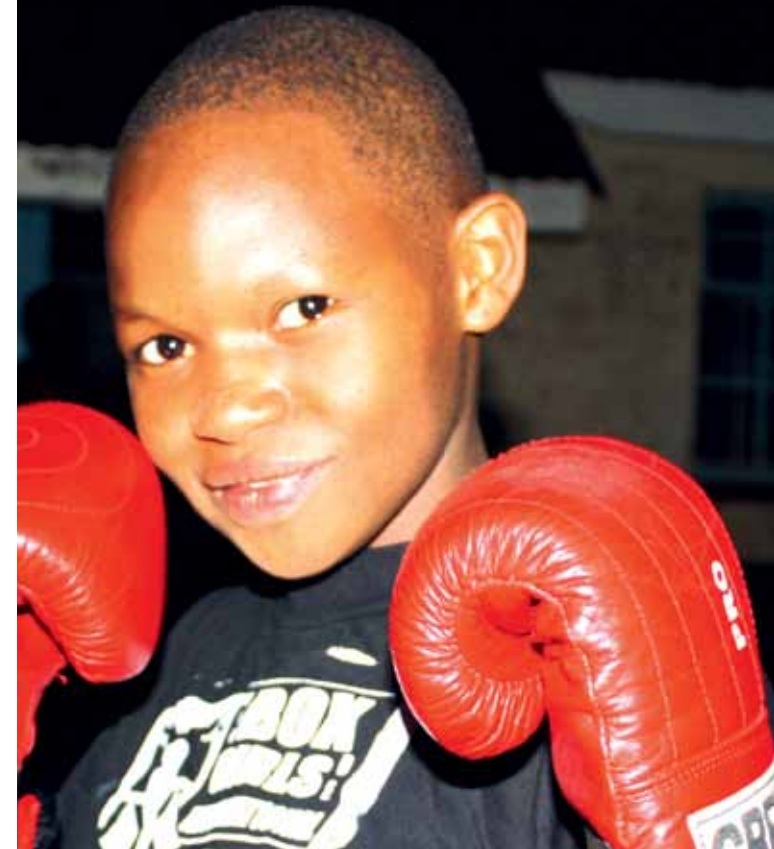
Rosalia S., 17 Years, Boxgirls Berlin



## CONTACT

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## PRIZES AND SPONSORS



[www.boxgirls.org](http://www.boxgirls.org)

# BOXGIRLS

Boxing improves girls' strength and resilience and allows them to better negotiate the urban environment.

Boxgirls train as a team to face individual challenges alone. The skills they learn in the ring bring them further in their schooling, family and career.

Boxgirls International links innovative projects around the world using boxing as a catalyst for social change for women and girls.

We support women and girls using boxing programmes as a catalyst for social change in their cities. We believe that well designed and delivered sport and leadership programmes change girls' lives.

Boxgirls International works with our partner projects in the field to deliver excellent coaching through club and school programmes, as well as outreach activities to business, government and media decision makers to improve women's sport and social participation in general.

We are a founding member of the Sport for Social Change Network in Africa. Our goal is to use the energy and creativity of athletes all over the world to create fairer conditions for girls and women to shape their own lives.

**” I love boxing. It gives me more and more courage, makes me self-confident and I feel full of energy. “**

*Elizabeth Adhiambo, boxer and coach Boxgirls Nairobi*

