



**Umzingisi
Foundation**

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

Umzingisi U-13 Sports and Cultural Exchange to the UK





**Umzingisi
Foundation**

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

Contents

1. Introduction to Umzingisi
2. Introduction to tour and purpose
3. Tour diary
4. Sponsors and acknowledgements
5. Appendices
 - Other Photos
 - Newspaper articles





**Umzingisi
Foundation**

**PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org**

1. Umzingisi Foundation Profile

NAME OF ORGANIZATION > Umzingisi Foundation

NAME OF HEAD OF ORGANIZATION > Mr. Nick Mould

CONTACT DETAILS

- > **Phone:** +27 (41) 364 0572
- > **E-mail:** info@umzingisi.org.za
- > **Website:** www.umzingisi.org

UMZINGISI IN 100 WORDS

South African non-profit, non-political and non-denominational NGO based in Port Elizabeth, Umzingisi is committed to developing sport amongst the disadvantaged and vulnerable youth. Founded in 2005, it reaches out to some 14'000 children in 25 schools of the Nelson Mandela Bay. Sport activities are run in local communities through mass participation programmes (MPPs) and a school of sporting excellence, using rugby, netball, cricket, soccer, hockey, tennis and swimming to empower youth and create communities that are self-sustainable socially, institutionally and economically, through increased life skills abilities. Each year, Umzingisi moreover coordinates the involvement of 200 international volunteers in its programmes.

MISSION STATEMENT

To encourage sustainable peer-led social change among the youth by using sports as a tool to leverage peer influence through increased life skills abilities, including developing leadership skills, reducing at-risk behaviors, improving social connectedness, health awareness, and encouraging responsible citizenship in a fun and interactive way.

BACKGROUND

Umzingisi Foundation actively promotes and enhances opportunities for children in Nelson Mandela Bay's previously disadvantaged communities to take part in structured sport and life skills sessions. South Africa is a socially diverse country where the gap between rich and poor is vast. The country competes at the top level in several international sports yet the huge majority of children from historically disadvantaged areas are not afforded the same opportunities as those from traditionally privileged backgrounds.

Umzingisi works in schools in the townships of iBhayi and the Northern Areas, where the communities are left disadvantaged from the historical struggle against apartheid. Umzingisi is committed to developing life skills through sport amongst the disadvantaged and vulnerable youth on a mass participation level. Sport programmes are run in local communities focusing on rugby, netball, cricket, soccer, hockey, swimming, and tennis. The aim of these projects is to empower citizens and consolidate communities in their social, institutional and economic wellbeing and sustainability.



Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

PROGRAMMES

1. The **Mass Participation Programme (MPP)** is aimed at developing life skills through an introduction to sport to a large number of children from the previously disadvantaged communities. The programme uses structured coaching as the foundation to provide a holistic education that is otherwise not provided by the schools. The programme is currently operating in 25 different primary schools in the townships and northern areas of the Nelson Mandela Bay, positively reaching out to some 20'000 children annually.
2. The **School of Sporting Excellence (SSE)** selects individuals with the most promise from the schools and invites them to take part in an after-school programme, which runs daily to enhance their holistic skills and offer them the best possible infrastructure to reach their potential in life and equip them with life skills that will lead to the eventual uplifting of their families and the community around them. Moreover, once selected for the school, children are given a scholarship that includes a meal everyday, transport to and from school, school uniform, books and school fees.
3. **"Beyond the Game!" – Youth Development through Sport (YDS)** is a new wing of our mass participation programme. This new concept of Youth Development through Sport (YDS) is street outreach-based, focusing on out-of-school youth and young adults in high-risk sites such as informal or semi-formal settlements, and adolescents at their most vulnerable ages as they face social and health challenges. The YDS Project is based on and inspired by a 1-year curriculum composed of 15 different modules, which aim at using innovative and creative techniques and activities to address various social and health topics, focusing on the development of positive attitudes, which will contribute to the building of a responsible youth.
4. The **International Volunteerism Programme** aims at creating platforms for predominantly young overseas volunteers to get acquainted to the specialized fields of youth work and community development. It enables dozens of youth annually to enrich themselves with a genuine cultural, human and uniquely African experience, working in disadvantaged areas to implement Umzingisi's programmes and interacting with local communities in a conducive and sensitive way. The experience of sharing and learning through exciting daily activities helps equally aims at creating better understanding between people, cultures and encouraging North – South exchanges.

All programs use sport as a vehicle to deliver a rounded holistic education and to teach life skills. The focus is on using sport to enrich and improve the lives of the underprivileged. A common consequence of such programs is the removal of promising youngsters from their home areas to the detriment of the community. We firmly believe that if communities are to be uplifted then it is important that talented and educated individuals remain within the communities.



Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

PROJECT NEEDS ANALYSIS / RATIONALE

Township schools lack physical education on their syllabuses for a multitude of reasons. There is little motivation from the national government to assist schools in providing physical education. In fact, it is estimated that in 2005 the government spent as little as 40c on the physical education of each child in the country. Hence, it is up to the schools themselves to go the extra mile if they wish to provide their students with any kind of sporting activity. There are few teachers trained to coach and lead sports and certainly no jobs for those who specialise in physical education.

This neglect of physical education leads to a stagnation in the development of young adults and they miss out on the social, cognitive and, most importantly, holistic benefits of participating in sport. Moreover, many challenges faced by South African children and youth derive from constant exposure to high-levels of at-risk situations, making them vulnerable, fragile and easy to manipulate. This often results in at-risk behavior compensating insufficient social abilities as well as limited approaches toward conflict resolution, limited knowledge of ways to improve and maintain health and generally limited life opportunities. Illnesses, unemployment, malnutrition, violence, alcoholism and extreme poverty are still forcing many of the Nelson Mandela Bay's estimated 1.3 million inhabitants to live in critical conditions. As in other parts of the country, an estimated 32% live with HIV/AIDS and nearly 60% of the people in the townships are unemployed. As these misfortunes claim the lives of the generation recovering from apartheid, many children are staying with neighbors, aunts, grandparents, or on their own. Now more than ever, peers and siblings are playing an increasingly vital role in the socialization of South African youth. Our programs are focused on using sport to develop life skills and raise awareness on a variety of social and health issues which are a daily challenge to beneficiaries.

Our YDS programmes have a proven track record, which shows the tremendous potential of sport to impact educational aspirations, grades and achievement scores, self-esteem, self-confidence and social connectedness to reduce delinquency and school drop-outs. Our efforts provide a complement to a traditional mentoring / role model strategy by empowering the young participants to take responsibility and be sustainable change agents within the community. The Project curriculum emphasizes ongoing active and experiential learning, and includes tactics for the beneficiaries to "get the message out" to their two core social groups: peers and siblings.

Umzingisi's approach is to create sustainable change by motivating the participants to become opinion leaders in their social network of peers and siblings. Research supports the strong influence of positive peer relations, with peer-led groups resulting in significant improvement in knowledge compared to teacher-led groups. The impact of our Project hence goes beyond its immediate beneficiaries and positively influences peers and siblings not directly involved. The initiative is a prototype, which will inspire further growth points and replications of such after-school activities focusing on similar outcome measures. Our Project aligns itself with government and corporate interest in strengthening leadership capacities and in strengthening the capacity of communities through sustainable social change. It is also in line with the efforts aimed at attaining the United Nations Millennium Development Goals.

BENEFICIARIES

Umzingisi's activities are currently positively impacting some 15'000 children and youth aged 10-18, 100% of whom are from previously disadvantaged communities. The project is currently working in 25 different schools each week and 3 after-school growth points every day.



**Umzingisi
Foundation**

**PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org**

2. Purpose of the Tour

The purpose of this tour was to provide a life changing moment for 14 young athletes and two coaches and mentors.

The boys that travelled to the UK all come from a background where there is 80% unemployment, average weekly income per family is R150 and the average household size is 8 people in a 1 to 2 bedroom house. As a result of these factors amongst many others, life is a continuous struggle and to make matters worse, statistics suggest that fewer than 8% will be able to make it out of the cycle of poverty to a better life for their children.

These 14 boys, however, that travelled to the UK on a Cultural and Sports Exchange will become more equipped than many of their peers to change their situation. For the boys who went to Saffron Walden I cannot even describe it as a dream come true, because for most of them it would have been far too unrealistic to even dream of ever visiting a foreign country let alone one as far as Europe.

The boys were so excited to be travelling to the UK that they were working over time on their rugby, their language skills and their geography and to me this is one of the keys to this kind of experience; they are already trying to improve themselves and broaden their horizons in preparation, imagine what can happen after they have experienced it!

The fact that we have opened the minds of 14 youngsters by giving them an opportunity that they would never have even dreamed of is a great thing, but the fact that we are giving them a catalyst to encourage them to aspire to a brighter future is a truly incredible thing.



3. Tour Diary

11th May 2009

The team departed from Port Elizabeth Airport and had an overnight stay in a Lodge close to OR Tambo Airport in Johannesburg.

"We were leaving our homes, our familiar surroundings, our families and everything that was 'home' to us, to be with new people, in unfamiliar environments, a foreign land and a world unknown to any of us!"

Sibulele Mangaliso, Umzingisi Player



12th May 2009

The team took their flight from OR Tambo to London Heathrow via Abu Dhabi.

"We were all kept very entertained with the large variety of the latest movies, music and video games, we didn't know there would be so much to do on the plane!"

Louigy Van Jaarsveld, Umzingisi Player





Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

13th May 2009

The team arrived at Heathrow Airport and were greeted by a contingent of people from Touraid and Saffron Walden Rugby Club and High School.

"They were very friendly and easy going and made us feel very comfortable, they brought energy bars and water and had already learned our names and nick-names." Damian De Laura, Umzingisi Player



The team drove to Saffron Walden High School where they took a tour of the school.

"They showed us everything; the gym, the sports grounds, the dance studio...this school is huge!" Sakhumzi Mama, Umzingisi Player



The team had lunch at the school canteen and then spent the afternoon making the most of the excellent indoor facilities, playing volleyball, basketball, badminton and many more games.

"We had a blast there were so many sports we could play." Siyamankela Ngxesha, Umzingisi Player

© UMZINGISI FOUNDATION

www.umzingisi.org



Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org



The team then received their playing kits for the tournament day, some 'hoodies' and t-shirts and a pair of rugby boots each.

"It was like Christmas...but better." Sithembiso Metshe, Umzingisi Player



The boys were also given video cameras between pairs to be able to make their own video diaries of the trip. They then departed with their host families for the evening. Most boys thought they were getting an early night. *"My body was telling me the day should be over but it was still light outside, nobody told us it only gets dark in England at 9pm!"* Athenkosi Mayinje, Umzingisi Player



Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

14th May 2009

The team had a morning training session and then went for drumming lessons in the music department and then dance lessons in the dance studio at the school. After this there were more indoor sports activities before going off to do some radio interviews with two local radio stations and then meeting Neil De Kock (ex springbok player) and Wayne Barnes (international referee) for a question and answer session.

"It was our first full day in England, we had so much fun, everyone was happy, I had also received great feedback from the host parents that the Umzingisi boys were so polite." Nosipho Xapile, Umzingisi Manager



15th May 2009

On Friday the team went for a tour of Saffron Walden in the morning.

"Saffron Walden has so much history! Also everyone is so friendly they would all stop for a little chat about who we were and where we came from." Brad Koetan, Umzingisi Player





Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

Friday afternoon was the main event, the tournament.

"The boys had impressed so far off the field, now it was time to show what they could do on the field." Ludwe Memese, Coach



The team really impressed in the tournament, winning all their group games scoring a total of 142 points and conceding none. They were living up to their reputation as potential future Springboks.

"The Umzingisi boys really gave us a lesson in how to play rugby." Simon Read, Saffron Walden, Head of Youth Rugby



The boys won the final 55-7 and with it the SWRFC Festival Cup.

"We are so proud of the Umzingisi team, They really showed off the tremendous talent that exists in the disadvantaged communities of South Africa". Sharon Oliver, The Oliver Foundation



Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org



After this the trophies and medals were handed out and then one final performance of the 'Umzingisi haka'.
"Sharon from The Oliver Foundation, and all the Touraid guys were so impressed and proud, we could see it in their eyes." Sibulele Mangaliso, Umzingisi Player





Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

16th May 2009

On Saturday the group were taken to Twickenham, the home of English Rugby to watch the Guinness Premiership Final between Leicester and London Irish.

"You would think after winning the tournament so emphatically and the evening celebrations the next day would be subdued, but it was the opposite everyone was bubbling with excitement about the day at the rugby."

Nosipho Xapile, Umzingisi Manager

"The atmosphere was amazing the whole group, myself included were so excited being in a crowd of 81000 people." Ludwe Memese, Umzingisi Coach.





Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

17th May 2009

The team had 'Family Day' out in London where they visited many of the London Tourist attractions. "London was amazing, we saw so much; Trafalgar Square, Tower Bridge, The Tower of London, The London Eye, Big Ben and we went on an open top bus and a boat trip on the River Thames...but we didn't see the queen." Khanyiso Doyi, Umzingisi Player



18th May 2009

On Monday the team went to Cambridge for their last full day in England, they went 'Punting' on the River Cam and went bowling with the host boys after this.

"Cambridge was very pretty and has hundreds of bicycles, it was a nice day but we were all sad because we knew we were leaving the next day" Akhona Tshoba, Umzingisi Player

"I didn't want to sleep that night, I knew in the morning we'd be saying our goodbyes and I just wasn't ready for that" Athenkosi Mayinje, Umzingisi Player





Umzingisi Foundation

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

19th May 2009

The team woke up early, said some emotional goodbyes and then departed from Heathrow Airport.

"Our beautiful stay in England had come to an end, good relationships were made, friendships had been built and precious moments would be remembered forever."

Nosipho Xapile, Umzingisi Manager



Sibulele Mangaliso: *"It was unbelievable, the people were so friendly and welcoming it was like they were as excited about us being there as we were, it made us feel really special".*

Athenkosi Mayinje: *"I'll never forget this experience we saw so much, it was like another planet and we saw new and exciting things everyday. I definitely want to go back".*

Siyamankela Ngxesha: *"Everyone made us feel loved, even when we were beating them in the games they were smiling and friendly".*



**Umzingisi
Foundation**

PBO No: 930025212
TEL: 041 364 0572
FAX: 041 453 5272
info@umzingisi.org
www.umzingisi.org

5. Sponsors and Acknowledgements

A huge amount of work went into making this tour possible and there were several parties who contributed to making it a success.

We would like to say a huge thank you to:

Pre-departure

Lucozade
The Honourable Mayor of Cacadu
The Honourable Mayor of Port Elizabeth
Spakes
Ludwe Memese

Post Departure

Simon Read and Andy Berry
Touraid
Saffron Walden Rugby Club
Saffron Walden County High School
The Oliver Foundation

...and the many others that helped out within the above organisations and behind the scenes to make such a successful and memorable experience for the Umzingisi under-13 team and coaching staff.



Thank You Saffron Walden!