

YOUTH EMPOWERMENT THROUGH SPORTS

- ✓ HIV/AIDS sensitization, guidance and counseling
- ✓ Mentorship , vocational and Computer skills training
- ✓ Fitness and Talent enhancement



A PROJECT SUBMITTED BY



GORILLA HIGHLANDS SPORTS CLUB

RATIONALE:

The overall goal of this project is to ***empower youths by providing hands-on skills, fitness drills and raising awareness on key issues impacting their lives such as HIV/AIDS sensitization. Mentorship, guidance and counseling*** shall help them make good decisions about their health.

- Youths in Kisoro are highly unemployed since 86% lack necessary skills resulting from failure to complete secondary education.
- Youths are at risk of contracting HIV due to lack of employment.
- Youths do not have a clear understanding of how HIV can affect their lives and the girls in close proximity to town trade sex with Lorry drivers since we are located at the border of Congo and Rwanda.

This project is needed in our region as and more and more youth are being diagnosed with HIV/AIDS and also to curb youth unemployment in our communities.

Our target audience is youth between the ages of 12 and 29.

THE PROJECT TARGETS:

- Empowerment of youth by increasing the number of youths who have relevant vocational skills and computer skills by 75%, for employment
- Reduce youths HIV/AIDS infection rate in Kisoro by 70% by end of 2019
- Improved health of participants by the provision of fitness drills
- Mutual cooperation and social cohesion among the youth
- Increase access to guidance & counselling, sexual and reproductive health

The objectives and activities of this project are:

Objective 1: HIV/AIDS awareness campaign

Activities:

- Develop public announcements and hold Radio Talk shows
- Develop and distribute Banners and posters.
- Hold a Guidance and counselling camp
- Village visits alongside qualified health educators
- Procurement of video camera

Objective 2: Mentorship and skills training

- Mentorship workshop
- Hands-on Skills enhancement Camp

Objective 3: Promoting fitness and Talent enhancement

Activities:

- Procurement of sporting materials and fitness equipment
- Fitness drills
- Friendly games in each sub county

BACKGROUND

Uganda is located in East Africa and lies across the equator, about 800 kilometres inland from the Indian Ocean. Kisoro is a town in the Western Region of Uganda that borders Rwanda and the DRC. The population of youths in Kisoro stands at 76.9% of the population and out these about 86.7% fail to complete secondary education.

Gorilla highlands sports club is a registered community based organization in Kisoro district, Uganda, with a **Vision of “Nurturing Talent, Empowering Communities.”** We have designed a community based sports initiative targeting these young people as a platform to raise awareness on key issues impacting their lives such as *providing fitness drills, mentorship, vocational and Computer skills training, HIV/AIDS sensitization, guidance and counseling.*

Building capacity at the community level through sports provides people with the skills and knowledge they need to develop and become self-reliant. Sports activities not only improve the health of participating persons but also create mutual cooperation and social cohesion among the participating teams and the community.

This project facilitates youth to youth engagement, human and community development through sports. It enables life skills training for young people, including promoting the spirit of voluntarism and self-initiative for community benefit in the entire district.

We will be working with a fitness instructor, qualified health educators, a school in our community and local radio stations on this project.

Potential Partners:

- Fitness instructor,
- qualified health educators and
- local radio stations
- Community school

One of the community schools will host the workshop and camp; the qualified health educators will provide sensitization and facilitate workshop training. Local radio stations of Kisoro FM and Radio Muhabura will host talk shows while the fitness instructor will give drills to the youth

These partners see how this project benefits them and the community

Budget

ITEM	PARTICULARS	NO. OF UNITS	UNIT COST/\$	TOTAL COST /\$
Objective 1: HIV/AIDS awareness campaign				
	Radio Talk shows	18	144	2,600
	Banners	14	70	980
	Posters	5000	0.57	2,857
	Van and announcements	18	150	2,700
	counselling camp	2	2,286	4,571
	Video camera	1	1,500	1,500
	projector	1	700	700
	magazines	5000	3	14,286
	certificates	1000	2	2,000
Sub Total				32,194
Objective 2: Mentorship and skills training				
	Laptops	8	1000	8000
	Other Equipment	LUMPSUM		2,800
	Mentorship workshop	LUMPSUM		2,500
	instructors	5	500	2,500
Sub Total				15,800
Objective 3: Promoting fitness and Talent enhancement				
Procurement of sporting materials and fitness equipment	treadmill	2	5400	10,800
	Assult runner	2	5000	10,000
	Indoor rower	4	1700	6,800
	Cybex indoor cycle	3	lumps	5700
	weights	10	varies	8,000
	others		lumpsum	9000
	Fitness drills instructor wages	18 months	250	4,500
	Friendly games in each sub county	14 subcounties	250	3,500
Sub Total				58,300

Administration costs	Administrator Salary	18 months	300	5,400
	Office stationary and other expenses		lumpsum	3000
	Computer, Copier and printer		lumpsum	1650
	CEO Travel Expenses		lumpsum	1,400
	Motorcycle and fuel			3000
Sub total				14,450
CUMMULATIVE TOTAL				120,744

He who has pity on the poor lends to the Lord, and He will pay back what he has given. (Proverbs 19:17 NKJV)

Thank you

Contact person
JOSEPH NSABIYUMVA
CEO

Tel: +256 779221174, +256703047053

Email: jleejoe@gmail.com