



## TOUCH RUGBY TOURNAMENTS

1. Ponta de Ouro, **April 30, 2019** - Come get your game on in some friendly touch rugby games in Ponta and help support ADEDAR continue to grow rugby, educate and empower. If you are interested in more information, please contact Mandy at:  
[adedar.africa@gmail.com](mailto:adedar.africa@gmail.com)  
 or 84 038 2264



## OTHER WAYS TO HELP ADEDAR

Buy capalana-made things where proceeds go straight to ADEDAR. Available:

- \* Sling bags
- \* Pants
- \* Ponchos
- \* Kids dresses
- \* Long wrap skirts, etc



## DIAMOND BUTTS BOOTCAMP



Tuesdays and Thursdays at **18H30** at **Sommerschield Park**.

400 mets per class

\*Classes include a mix of strength, cardio, and core.



If you are interested in any of the above items or classes, please contact **Mandy** at  
**84 038 2264**



## ADEDAR Mission:

The spirit of **ADEDAR Rugby**:  
 using the power of rugby to educate, empower, inspire and strengthen the youth of Mozambique and continue the fight for gender equality



## ADEDAR Vision:

To inspire and empower females through the sport of Rugby.

WEBSITE: [adedarafrica.wix.com/adedar](http://adedarafrica.wix.com/adedar)

FACEBOOK: Adedar Mozambique

E-mail: [adedar.africa@gmail.com](mailto:adedar.africa@gmail.com)

Cell: 84 038 2264 (Mandy)



2. Rugby World Cup 2019 is coming up in Japan this September. As a build-up to the rugby world cup, ADEDAR will be hosting a Touch Rugby Tournament in **mid-July** in **Maputo** (on the beach) as a fundraiser to build our rugby here in beautiful Mozambique.

If you are interested in more information and and to keep up-to-date about the tournament, please e-mail or contact Mandy at:  
[adedar.africa@gmail.com](mailto:adedar.africa@gmail.com) or 84 038 2264

## ABOUT ADEDAR

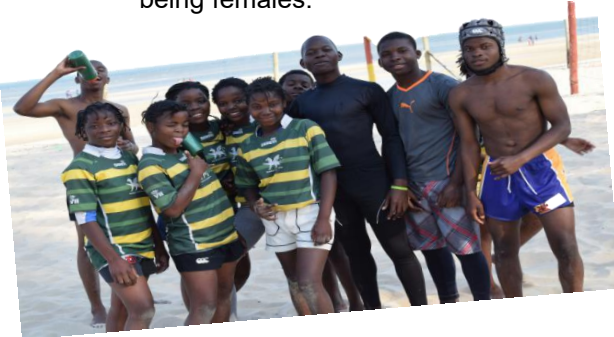
Africa: **D**esenvolvimento de **E**ducacao e **D**esportos  
**A**traves do **R**ugby  
**O**R

**All Day Everybody Dreams About Rugby**

ADEDAR was officially started in December 2015, starting with teams in Mafalala and Chamanculo.

ADEDAR and Rugby continues to grow in Mozambique, with teams of ADEDAR in Hulene, Jardim, Chamanculo, Mathemele, Infulene, and Chibuto.

We have about 150 players in total, 10% being females.



### ADEDAR Aims:

- Use rugby to prevent violence against women and girls and raise awareness of gender issues with a view to promote gender equality
- Document the success of the approach through regular feedback sessions
- Increase player participation throughout the region



## GENDER ISSUES IN MOZAMBIQUE

Gender inequality remains a major barrier to human development in Mozambique. Girls and women have made major strides since 1990, but they have not yet gained gender equity. The disadvantages facing women and girls are a major source of inequality. All too often, women and girls are discriminated against in health, education, political representation, labour market, etc. with negative consequences for the development of their capabilities and their freedom of choice.

## WHAT WE CAN DO ABOUT IT

The 'Girl Effect' is a growing but understudied movement that assumes girls are catalysts capable of bringing social and economic change for their families, communities and countries. The evolving discourse associated with this movement holds profound implications for development programmes that focus on girls and use sport and physical activity to promote gender equality, challenge gender norms, and teach confidence and leadership skills.

ADEDAR develops rugby for boys and girls, encouraging a positive and productive environment, building confidence, and educating the community on gender issues. We create an open space forum for girls to empower, educate, and inspire.

## HOW YOU CAN HELP

1. Donate money
2. Donate time
3. Donate equipment
4. Donate knowledge

## 8 REASONS YOUR DAUGHTER SHOULD PLAY RUGBY

1. She will learn the importance of hard work.

2. She will learn how strong and powerful her body is.

3. She will know that she is capable if anything her male cohorts can do

4. She will learn how to get back up once she's been knocked down.

5. She will experience the incredible feeling of being part of a team.

6. She will respect others, regardless of their decision.

7. She will learn to deal with disappointment.

8. She will realize she is unstoppable.

