The lives of millions of Ugandan youth are marred by many challenges that were not always pressing on some other ages. Their problems seem to be more dominant, if not different kinds than some before them have had to face. The environment they live in brings both new possibilities and risks that undermine the traditional support that helps them to prepare for, negotiate and explore the opportunities and demands of their passage to adulthood.

This environment has been partly created by the government’s Laissess faire leadership style that has given excessive freedom to people especially the youth to do what is constructive or non- constructive at will . As a result, they have been greatly affected hence left without any social support system that used to nature them as people of significance in our country. Everywhere, we see them confused, frustrated, involved in riots, rebellion against authority, steeped in crime and radicalization

In order for them to get relieved from prevailing problems such as unemployment, neglect, violence, sexual abuse and poor academic performances, and suit in the society comfortably, many have resorted to alcohol and drug use mistakenly. Statistically, alcohol and drug abuse and its related problems rank among the world’s public health problems and constitute serious harm to human health, welfare and security. Uganda is no exceptional; the country was once rated to have the highest per capita consumption of alcohol in the world (WHO 2004). Use of narcotic drugs is also on the rise. Previously, only traditional drugs like cannabis were consumed.

Uganda was only a transit country for banned substances like heroine. Presently, these substances are consumed by the local population, especially the youth. Alcohol and drug use has been and still a rising problem, as hard substances, such as heroin, are moved from Asia to Europe via East Africa, often stopping in Ugandan towns and slums. United Nations Office on Drugs and Crime (UNODC World Drug Report, 2010) indicate that Africa is now both narcotics (heroin and cocaine) market and redistribution point for other destinations. This associated with the ease of availability, affordability and accessibility of alcohol, tobacco, cannabis and miraa/khati has rapidly escalated abuse among young people.

The abuse has caused episodes of damages across life of youth, affecting not only the user, but also friends and loved ones disastrously, the economy too is affected- giving a hard blow to the country as its youth and its workforce becomes less productive.. Millions of lives have been ruined, and many of them ended before their time. Government and other agencies have attempted to mitigate this problem by putting in place legislative and legislations. Currently, there are 10 legislations in place however, these are aimed at controlling abuse, offer rehabilitation services and do not necessarily provide entrepreneurship training to addicts but only psycho-social support.

Against that background, Ndejje University Community Sport Education Program (NUCSEP) proposes a one year alcohol and drug use prevention project to educate and inspire youth to resist alcohol and drug use and addiction. The project will offer an educational, creative and peer-based approach to building social momentum and engagement to the youth as a whole. 500, 300 male and 200 female youth aged between 10-30 years will be provided with education and alternative options that prevent use of alcohol and drugs .Those that have fallen victims too, will be provided with enterprise development skills for resilience and, getting back to normal lives in Ndejje Community- Nyimbwa Sub-county

Integrated and inclusive methodologies will be utilized; bringing all stakeholders on board at all project phases. The project will be implemented through partnership with organizations and institutions to provide training and facilities needed to enable youth realize their full potential. The methodology will have the implementation of the three components;

Providing organized sports activities and leadership events for young people; (Organized activities involve an organized group that has a coach, instructor or leader) sports will be organized in terms of leagues, tournaments and sports and education camps for participants and leaders. Alongside these events, other concepts such as WASH, FUTBOL NET, Kicking AIDS Out will be implemented (( WASH- Water sanitation and hygiene is a concept that is used to address challenges relating to hygiene and sanitation that is water related diseases, how people contract them and ways to avoid them and other issues relating to menstrual hygiene among young girls. All these challenges will be addressed through the use of sports. FUTBOL NET is a concept that addresses the issue of gender inequality, leadership, inclusion and alcohol and drug abuse. With this both boys and girls play from the same field without a referee. The concept was introduced by Barcelona Foot ball Club in Spain. Whereas Kicking Aids Out! Concept uses sport to address the problem of HIV and AIDS. Innovative methods from sport such as movement games, focus group discussions, leagues, tournaments and peer coaching are used to confront HIV and AIDS, social exclusion, alcohol and drug use and other related problems. It gives support to those infected and affected and can be achieved through:

- The provision of a wide range of enjoyable and positively oriented sports and physical activities

- By using youth peer coaches in sports and physical activities to develop talent in communities

- By training trainers in sport specific disciplines

- By setting up and maintaining sports infrastructure

KAO movement games are also used to teach life skills to young people and by running activities and programs that empower girls and special groups. NUCSEP also involves and empowers parents to participate in KAO activities in their communities and schools by setting up youth led and driven local NUCSEP committees. The KAO activities are strategically delivered through common and popular sports found in local communities with each sport having a KAO program slogan

Developing the organizational and management capacity of staff, volunteer as well as selected project beneficiaries – trainings on project and volunteer management, fund-raising and financial/sports events management, child and environmental protection, gender mainstreaming and the use of rights based approach , peer mentoring and rehabilitation of addicted and affected young people etc will be conducted.

Developing young peoples’ social and entrepreneurship competencies and skills (including pro-activeness, efficient and effective communication, problem solving, critical thinking, advocacy etc.) through trainings, peer-to-peer approaches and the introduction of ICT skills training. This component will be implemented through partnership with ICT skills training institutions outside Ndejje community

Volunteerism will be promoted and practiced as a tool for achieving individual development as well as community development, particularly those identified by the youth.

In-terms of impact, the project will have the following impacts;

Short-term impact:

Enhancements of young people’s capacity to participate in formal, informal and non-formal activities which will provide them with opportunities to connect with positive peers, places and challenges/support that promote leadership, growth and development. As a result, the youth will develop the following competencies;

Psychosocial development, academic achievement, physical fitness, positive identity and resiliency building, decision- making and peer pressure resisting competencies

Long- term:

Change in community mindset about youth as a whole and as a result, they are viewed as partners in development and a respected asset to community, engaged in activities that promote self-understanding, self-worth and a sense of belonging and resiliency

Youth and adults share decision-making authority as they work together to: a) achieve shared goals within the community; and/or b) change or create new systems. As a result, this will lead youth to develop the following skills;

Positive civic identify, sense of collective efficacy, collaborative planning, decision- making, implementation skills, critical social consciousness, analysis, organization- community change and civic engagement. Since the project is contributing to the University’s 2018-2026 strategic objective 2: Promote knowledge generation, innovations and outreach services, the University will support project activity implementation beyond the applied funding. The project is directly full filling the University’s social corporate responsibility of reaching the community to holistically work with different stakeholders in identifying and mitigating social challenges that affect them.

Currently, NUCSEP, has two leadership governing committees in place; one that is composed of University top management officials, NUCSEP staff, volunteers and selected beneficiaries whose responsibility is to advise, road map and audit NUCSEP’s engagements in the community and the Community governance committee which is outside the University with a composition of parents, religious, political and traditional leaders, school teachers and representatives of other NGO operating in Nyimbwa sub-county. Community governance committee since inception of NUCSEP, has been giving advice, audit NUCSEP’s engagements and offer in-king support up to date therefore, sustaining the alcohol and drug use prevention project will be easy for them since they communally own the program.

**Activities:**

**Project initiation dialogue with recruited staff, NUCSEP management and other community stakeholders like religious, cultural and political leaders**

**• Staff recruitment and capacity building on volunteer management, child protection, financial management, resource mobilization and integration of rights-based approach in project activities**

**• Organize community awareness and sensitization campaigns on alcohol and drug abuse, sexual reproductive health and child protection- 2 of them will be organized in the communities we operate from**

**• Organize sports and leadership youth camp ( 250), 125 male and 125 female youth will attend this 5 days event. School going and non-school going , with or without disability youth will be targetd. Seminars will be organized in the morning addressing different cross-cutting problems the youth face today alongside sports& leadership program and each day will have one motivational speaker talking to all participants before splitting in seminars.**

**• Organize sports one sports league ( having foot ball, net ball and volleyball for out of school youth under 18 years- boys and girls), one tournament for sitting volley ball targeting primary school-going pupils under 16 years. During these events, WASH, Kicking Aids Out and FUTBOL Net concepts will also be implemented along side.**

**• Organize capacity building trainings and workshops for selected beneficiaries, leaders and volunteers on ICT, Entrepreneurship skills development and sport and events management. These will be Trainer and trainers**

**• Preparation of monthly and quarterly narrative and financial reports**

**• Develop M&E plan**

**• Conduct monthly, quarterly and mid-term review meetings and final evaluation**

**• Advocacy and networking- This will be an important method and the project will gradually develop an advocacy strategy with relevant stakeholders and build networks with local administrations and authority. The targeted beneficiaries will be linked with local authorities and civil society to receive service and improve access to rights and entitlements**

**• Coordination, communication and visibility**

**• Lesson learning documentation**

**• Conduct regular monitoring and follow-ups**

**Proposed budget:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Budget category** | **Type of costs** | **Units** | **No. of Units** | **Unit price in local currency** | **Total costs in Local currency** |
| 1. **Material, Goods and equipment** | Purchase of Laptop computers for project staff | 1 | 2 | 1,000,000 | 2,000,000 |
| Purchase of Project camera | 1 | 2 | 500,000 | 1,000,000 |
| Purchase of WASH equipment to address water related problems and menstrual hygiene management and alcohol and drug use prevention | 1 | 2 | 700,000 | 1,400,000 |
| Purchase of sports equipment | 1 | 1 | 1,000,000 | 1,000,000 |
| Stationary | 1 | 1 | 800,000 | 800,000 |
| **Total of Material, Goods, Equipment in Local Currency** | | | | **6,200,000** |
| **Total of Material, Goods, Equipment in USD** | | | | **1,675** |
| **Contracted Personal Costs and Per Diems\*** | Support towards Project officer | 1 | 12 | 500,000 | 6,000,000 |
| NSSF Office contribution to project officer 10% | 1 | 12 | 50,000 | 600,000 |
| Support towards Project accountant | 1 | 12 | 500,000 | 6,000,000 |
| NSSF Office contribution to project Accountant 10% | 1 | 12 | 50,000 | 600,000 |
| **Total of Contracted Personal Costs and Per Diems in Local Currency** | | | | **13,200,000** |
| **Total of Contracted Personal Costs and Per Diems in USD** | | | | **3,567** |
| **Travel Costs.** | Support towards transport to project operation areas | 1 | 12 | 300,000 | 3,600,000 |
| Transport to attend meetings and other events outside project operation areas on quarterly basis | 1 | 4 | 5,000,000 | 2,000,000 |
| **Total of Travel Costs in Local Currency** | | | | **5,600,000** |
| **Total of Travel Costs in USD** | | | | **1,513** |
| **Other Contracted Services** | Facilitation towards contracted officials conducting staff recruitment interviews and capacity building on volunteer management, child protection, financial management, resource mobilization and integration of rights-based approach in project activities | 1 | 3 | 500,000 | 1,500,000 |
| Facilitation towards meals and refreshments service providing company during interviews | 1 | 1 | 300,000 | 300,000 |
| Facilitation towards youth sports and leadership camp hosting school ( Utilities, venue hire and meals) | 1 | 1 | 19,400,000 | 19,400,000 |
| Facilitation towards contracted seminar facilitators during youth sports and leadership camp | 1 | 1 | 3,000,000 | 3,000,000 |
| Facilitation towards stationary and T-shirt Youth sports and leadership camp service provider | 1 | 1 | 4,500,000 | 4,500,000 |
|  | Facilitation towards meals and refreshment providers during capacity building Trainer of trainers trainings for staff, volunteers and selected beneficiaries along areas ICT, Entrepreneurship skills development and sport and events management | 1 | 1 | 2,000,000 | 2,000,000 |
| Facilitation towards meals and refreshments to service provider during the annual foot ball, volley ball and net ball league and tournament for school-going and non-school going youth | 1 | 1 | 4,000,000 | 4,000,000 |
| **Total of Other Contracted Services in Local Currency** | | | | **32,000,000** |
| **Total of Other Contracted Services in USD** | | | | **8,648** |
| **Grand Total Requested from Global giving in Local currency** | | | | **57,000,000** |
|  | **Grand Total Requested from Global giving in USD** | | | | **15,403** |
|  | **DOLLAR RATE AS OF TODAY IS 3700** | | | |  |