



EXAMPLE :: 01

LOCATION

Caribbean

Healthy Lifestyle Project (HLP)

INITIATED

1999

PARTNER

Commonwealth Games Association of Canada IDS (funding and support)
 Organization of Caribbean Administrators of Sport and Physical Education (OCASPE)
 Caribbean Netball Association

TARGET

Girls and women initially, expanded to male and female youth in 2003

OUTLINE

Combines sport with personal development to instill the value of maintaining a healthy lifestyle and based on 3 principles:

- Participation in sport and physical activity gives youth positive and empowering experiences.
- Using mentors/trainers to help young girls recognize the benefits of a healthy lifestyle.
- Shaping leadership attitudes and capacity through sport.

OBJECTIVES

The programme slogan, Your Life, Your Health, Make it Right, reflects the program's goal to instill the value of maintaining a healthy lifestyle among Caribbean youth, while promoting peer leadership skills and social responsibility

RECOMMENDATIONS

To ensure the sustainability of the program, emphasis is placed on providing training opportunities for local youth. Youth leaders are identified and trained to be Healthy Lifestyle Project leaders, providing them with the skills and experience to run HLP workshops in their own communities. It is a 'youth for youth' initiative, involving youth in the planning and delivery of all aspects of the program

EXAMPLE :: 02

LOCATION

Lesotho

Olympic Youth Ambassador Program

INITIATED

Initiated in July 2003. The Olympic Youth Ambassador Program (OYAP)'s mandate is youth empowering youth through sport.

PARTNER

The program is run by the Lesotho National Olympic Committee in cooperation with the Lesotho National Volunteer Commission. Commonwealth Games Canada supports the program administration in partnership with the Canada Fund for Africa through the Canadian Consulate of Lesotho. UK Sport also partners with OYAP.

TARGET

Youth.

OUTLINE

The program aims to train youth ambassadors to initiate their own creative, sustainable youth focused programs. Using sport as the platform, the program addresses issues such as drug and alcohol abuse, HIV/AIDS and family issues. By building the spirit of volunteerism in youth, the program hopes to create a stronger, community-minded adult Basotho population.

OYAP have created two core programs: Girls on the Move, focused on young girls, and Mafube, targeted at street youth. All OYAP programming incorporates Kicking AIDS Out! activities.

OBJECTIVES

OYAP has two main objectives:

- training youth to organize sport activities for other youth
- using those activities as a platform for peer education about social issues (eg drug & alcohol abuse, HIV/AIDS, sexual & reproductive health, and family issues).

In, 2003, a large training conference was held in Maseru, Lesotho to train new volunteers to be OYAP ambassadors. The intense training course involves social issue topics and relevant management topics such as: volunteerism, leadership, project planning fundraising, peer mentoring, National Olympic Committee and sports in Lesotho, association and resources. The conference was a huge success. As a result, the number of OYAP ambassadors has grown from 19 to approximately 80. The new OYAP ambassadors are eager and prepared to initiate their own projects in their own communities.

IMPACT

"In the past, the doors were always closed for girls to do activities, so now, even when the doors are opened, they are still dragging behind because they don't believe they can do it. That's why we have programs like Girls on the Move." Sechaba Moubane, Lesotho National Olympic Committee.

RECOMMENDATIONS

- Involve youth in developing and running programmes for youth.