



# SPORT FOR LIFE

# GLOBAL FORUM

ENERGIZE THE SPORT FOR LIFE NETWORK  
FOR MAXIMUM IMPACT!

21 Jan 2023



TIMOR-LESTE  
**TLS**



CABO VERDE  
**CPV**



MOZAMBIQUE  
**MOZ**



GUINEA-BISSAU  
**GBS**



ZAMBIA  
**ZAM**



SÃO TOMÉ & PRÍNCIPE  
**STP**



BOTSWANA  
**BOT**



MALAWI  
**MAW**

# What has been the most inspiring Sport for Life moment for you?

- *Changing young peoples lives*
- *It's the energies and positivity from various people*
- *Having the chance to see people changing their lives through Sports in several countries*
- *The energy from Launch Projects, especially when we finally organize the first ever Sport for Life event in a new country!*
- *Sport for life is my university*
- *Has been the unity and dynamics of my community*
- *Changing lives through sports for development*
- *VerdeOlympics inaugural program*
- *The sheer determination by all of us to change lives in spite of the set backs!*
- *Socializing and uniting with different people*



# **Let's focus on the positive!**

What was well done

What can be done even better

What we'd like to “steal” for our projects and lives

...

# What would you like to achieve in this Global Forum?

- *Networking was excellent and sharing contacts*
- *Learning from other country experiences*
- *We would need a section on each others websites to multiply/amplify common messages*
- *To keep up with program Development pathway*
- *That we all leave this Forum with more motivation to keep on doing it, boosting activities, inspired by each other*
- *Collaboration opportunities*
- *Share Sport for Life experiences in Timor-Leste to other country and learn from others*
- *Increase inter country visits*
- *Learning from other countries experiences, and plan for 2023 opportunities to work together!*
- *Learning much more and acquiring what's new and see how to make it happen in other communities*
- *Sports development in both children and adults*
- *Learn more to be able to broadcast in my country*



**CELEBRATE!**



**ENERGIZE!**



**MULTIPLY!**





# Global update

## Country updates



MALAWI



BOTSWANA



SÃO TOMÉ E  
PRÍNCIPE



ZAMBIA



GUINEA-BISSAU



MOZAMBIQUE



CABO VERDE



TIMOR-LESTE



## Sharing time



## Q&A / Other topics

# Global update



**SPORT FOR LIFE**

# The Sport for Life world (so far!)

2016  
  
Cabo Verde

2021  
  
Guinea-Bissau

2022  
  
São Tomé & Príncipe

2021  
  
Zambia

2023  
  
Malawi

2022  
  
Botswana










2018  
  
Mozambique

2015  
  
Timor-Leste



# In numbers: all years












	Start year:	2015	2016	2018	2021	2021	2022	2022	2023	
										
		GLOBAL	Timor-Leste	Cabo Verde	Mozambique	Guinea-Bissau	Zambia	São Tomé & Príncipe	Botswana	Malawi
# of TTTs		<b>23</b>	<b>17</b>	<b>2</b>	<b>1</b>		<b>1</b>	<b>1</b>	<b>1</b>	
Trained facilitators		<b>415</b>	292	37	20		22	20	24	
# of S4L Courses		<b>199</b>	<b>145</b>	<b>31</b>	<b>3</b>	<b>4</b>	<b>9</b>	<b>3</b>	<b>3</b>	<b>1</b>
Trained organizers		<b>4,149</b>	3,010	698	60	110	129	60	67	15
# of sport activities		<b>289</b>	<b>167</b>	<b>77</b>	<b>12</b>	<b>3</b>	<b>17</b>	<b>5</b>	<b>7</b>	<b>1</b>
Kids practicing sport*		<b>72,478</b>	21,839	38,655	3,206	192	5,198	1,720	1,606	62

Note: Based on self-reported information, so not accurate (most likely under-reported)

\*Estimated, as it is challenging to count exact numbers

# In numbers: last year



	Start year:	2015	2016	2018	2021	2021	2022	2022	2023	
										
		GLOBAL	Timor-Leste	Cabo Verde	Mozambique	Guinea-Bissau	Zambia	São Tomé & Príncipe	Botswana	Malawi**
# of TTTs		<b>8</b>	<b>6</b>					<b>1</b>	<b>1</b>	
Trained facilitators		<b>152</b>	108					20	24	
# of S4L Courses		<b>53</b>	<b>40</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>
Trained organizers		<b>1,197</b>	933	23	19	35	45	60	67	15
# of sport activities		<b>78</b>	<b>47</b>	<b>3</b>	<b>7</b>	<b>1</b>	<b>7</b>	<b>5</b>	<b>7</b>	<b>1</b>
Kids practicing sport*		<b>11,550</b>	3,407	436	1,792	55	2,472	1,720	1,606	62

Note: Based on self-reported information, so not accurate (most likely under-reported)

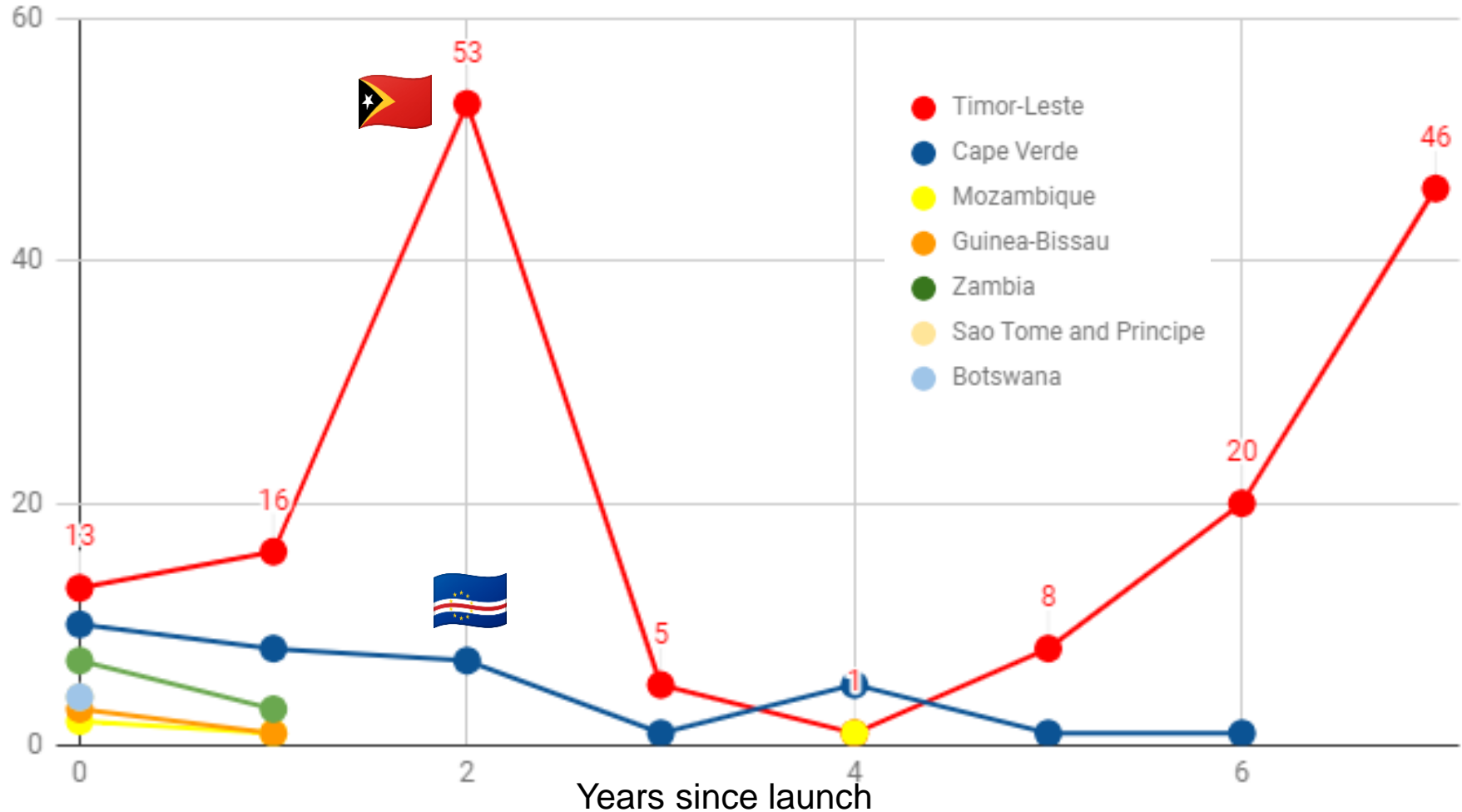
\*Estimated, as it is challenging to count exact numbers

\*\*January 2023 for Malawi



# Timor-Leste has had very active years, but also some quiet ones in between

Number of courses\*, per year since launch\*\*



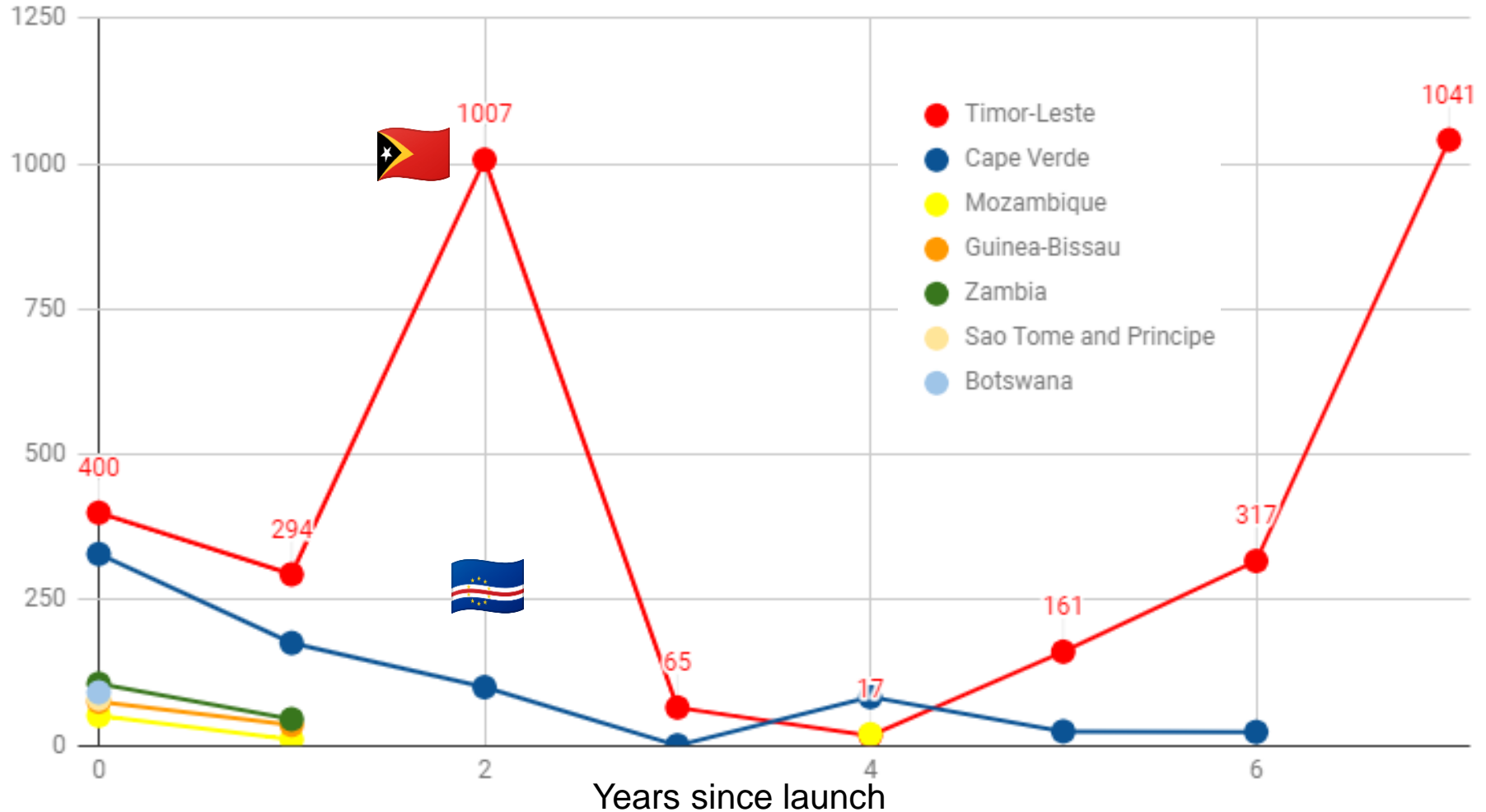
\*Source: Sport for Life Database (<https://tinyurl.com/S4Ldatabase>); Sport for Life Courses + Train-the-Trainers

\*\*Year 0 = launch year; Year 1 = year after launch year; etc.



# Possible to reach 1000+ participants in one year, even in a small country!

Number of course participants\*, per year since launch\*\*



\*Source: Sport for Life Database (<https://tinyurl.com/S4Ldatabase>); participants in Sport for Life Courses + participants in Train-the-Trainers

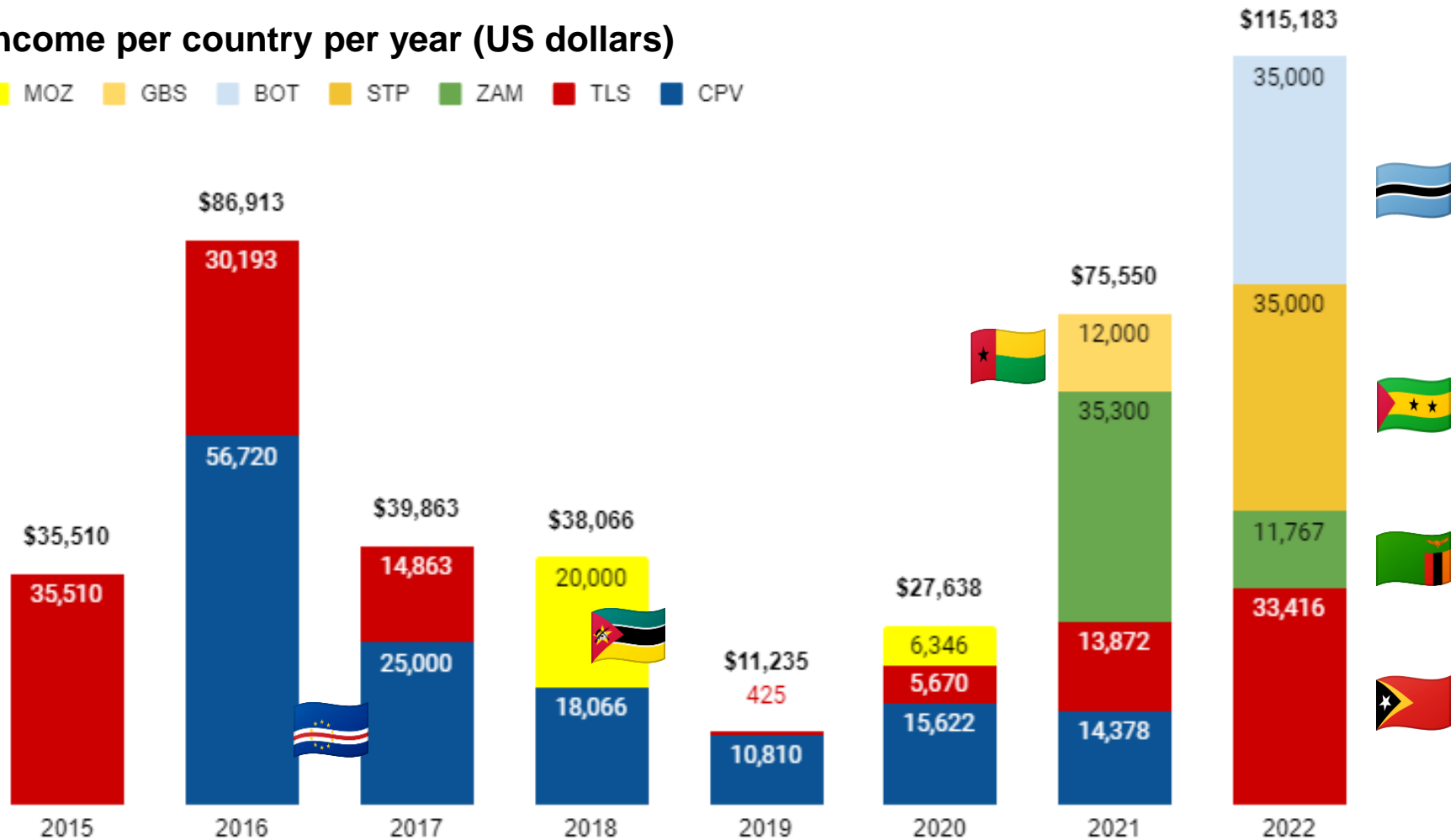
\*\*Year 0 = launch year; Year 1 = year after launch year; etc.

# Finances: highest funding ever in 2022!



## Income per country per year (US dollars)

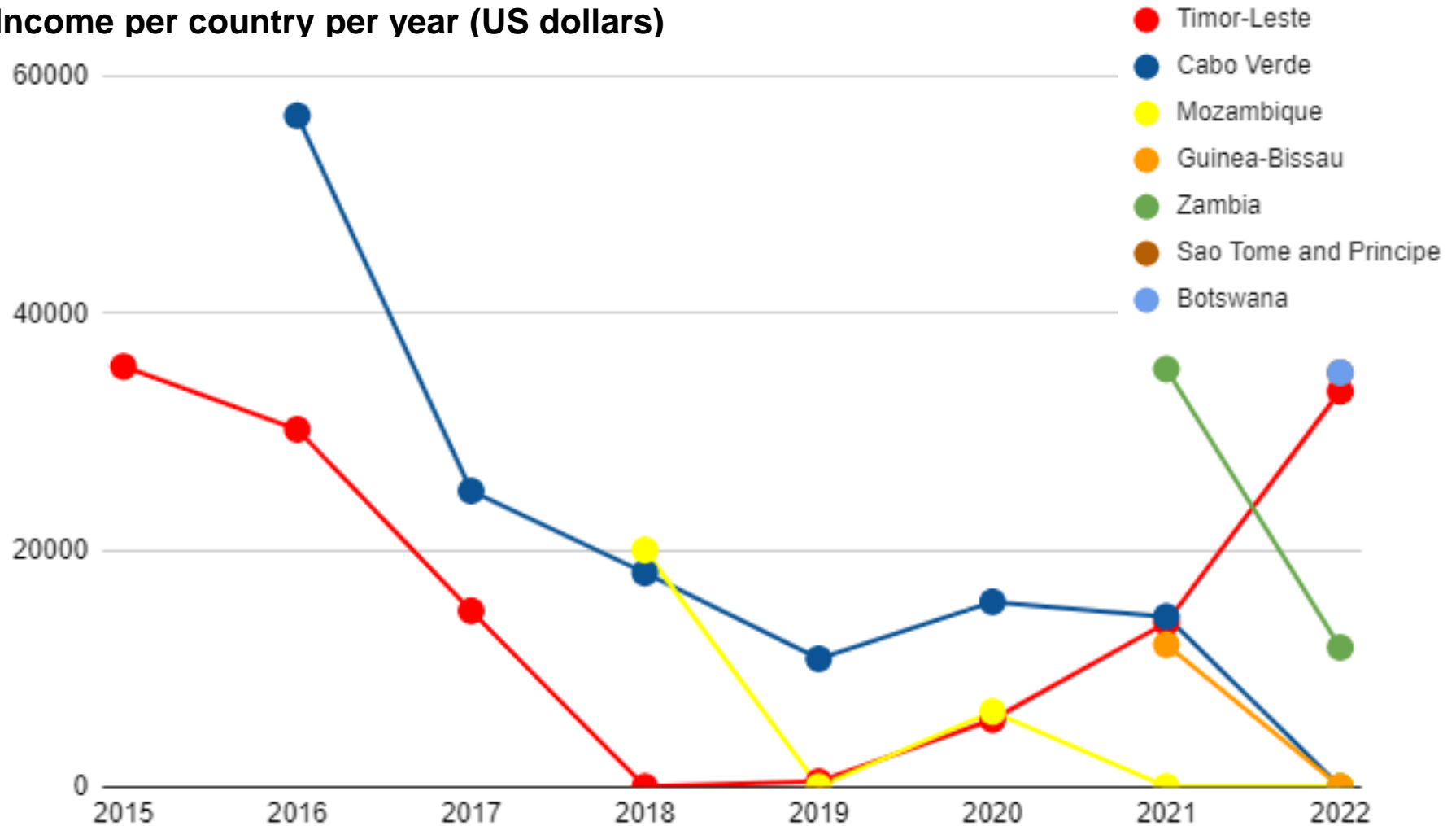
■ MOZ ■ GBS ■ BOT ■ STP ■ ZAM ■ TLS ■ CPV



# Challenge to maintain sustainable funds



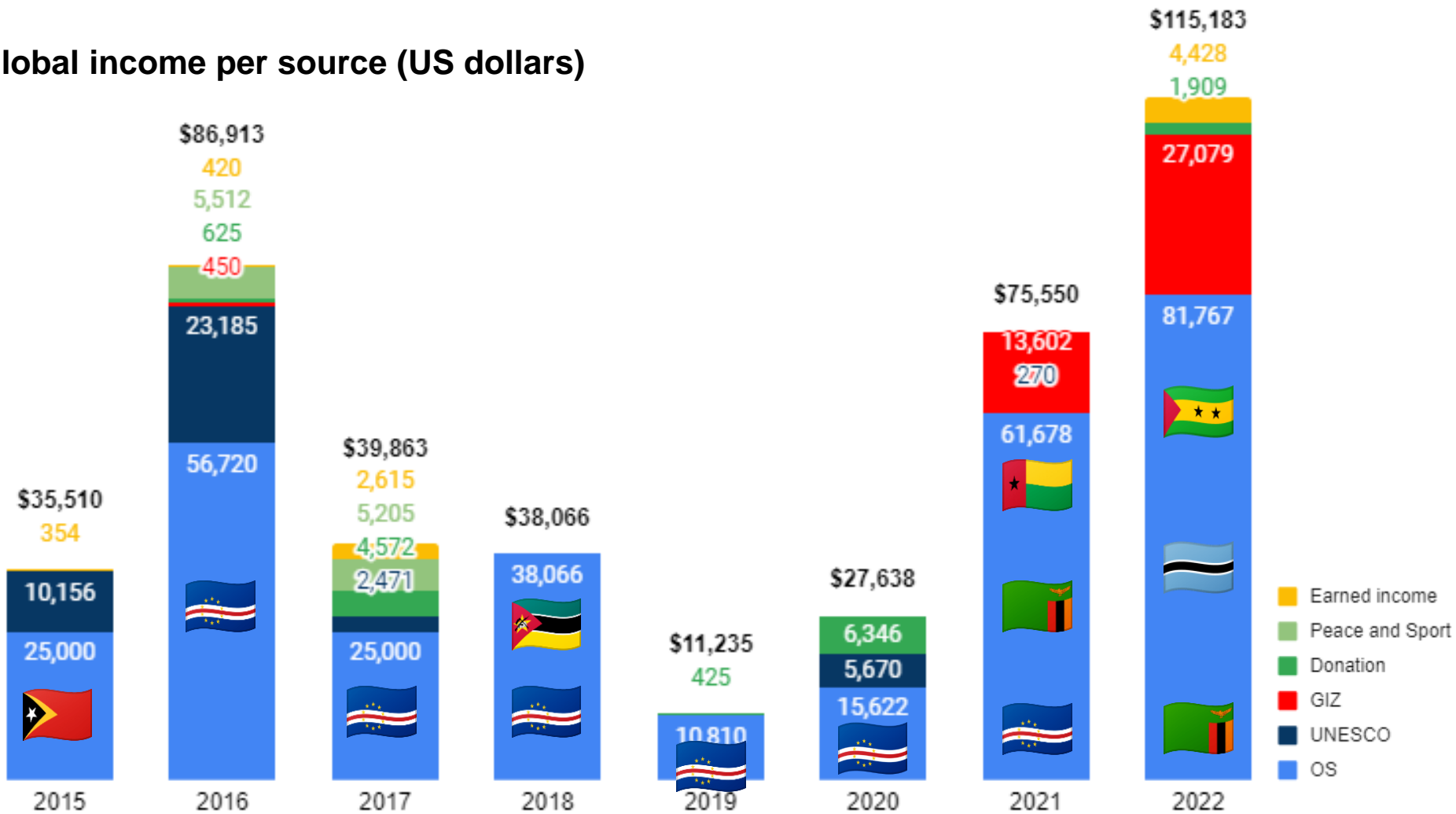
Income per country per year (US dollars)





# Key partner: Olympic Solidarity (OS)

Global income per source (US dollars)



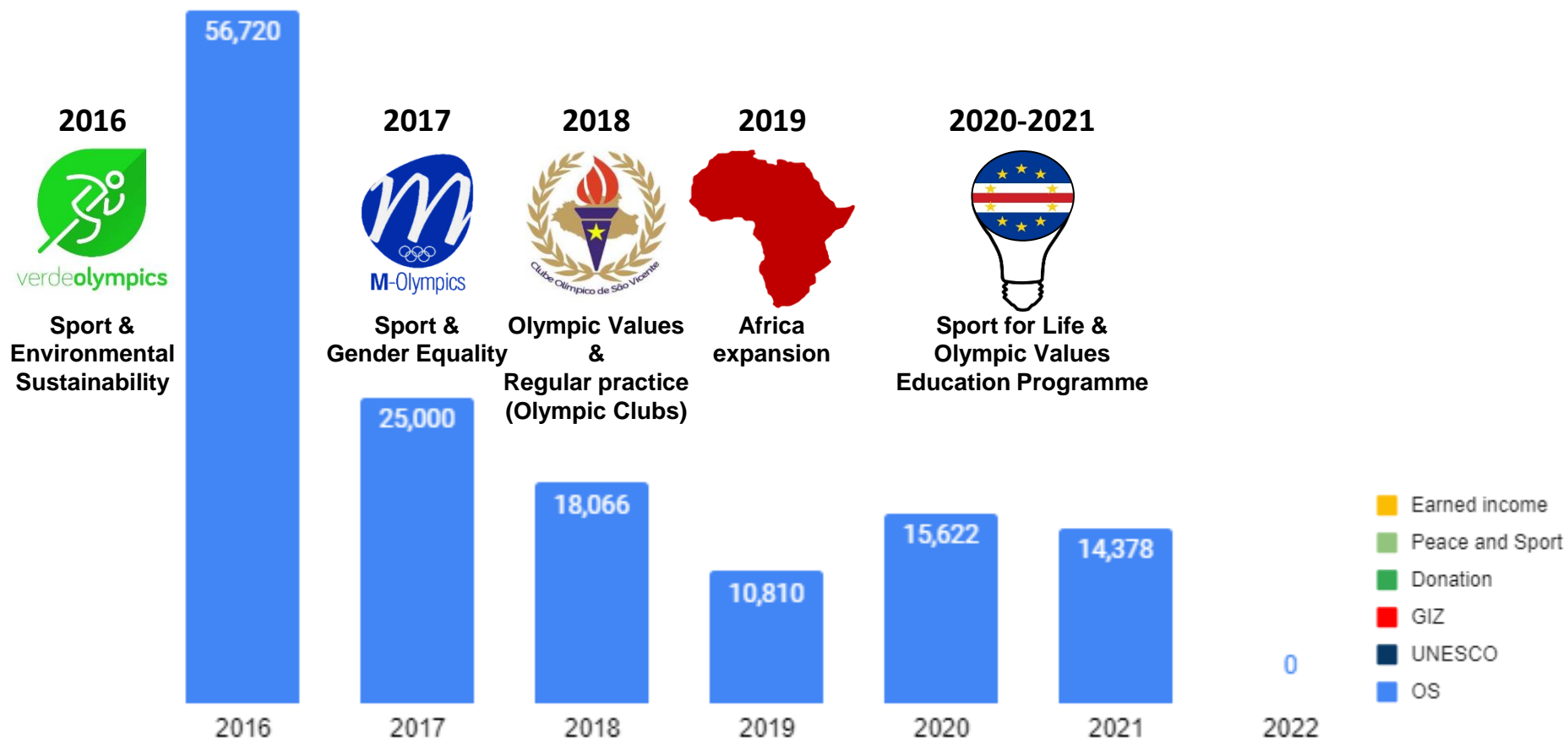
OS as % of total: 70% (2015), 65% (2016), 63% (2017), 100% (2018), 96% (2019), 57% (2020), 82% (2021), 71% (2022)

Source: SportImpact financials; estimates

# Cabo Verde: OS funding over 6 years



## Income from Olympic Solidarity (US dollars)

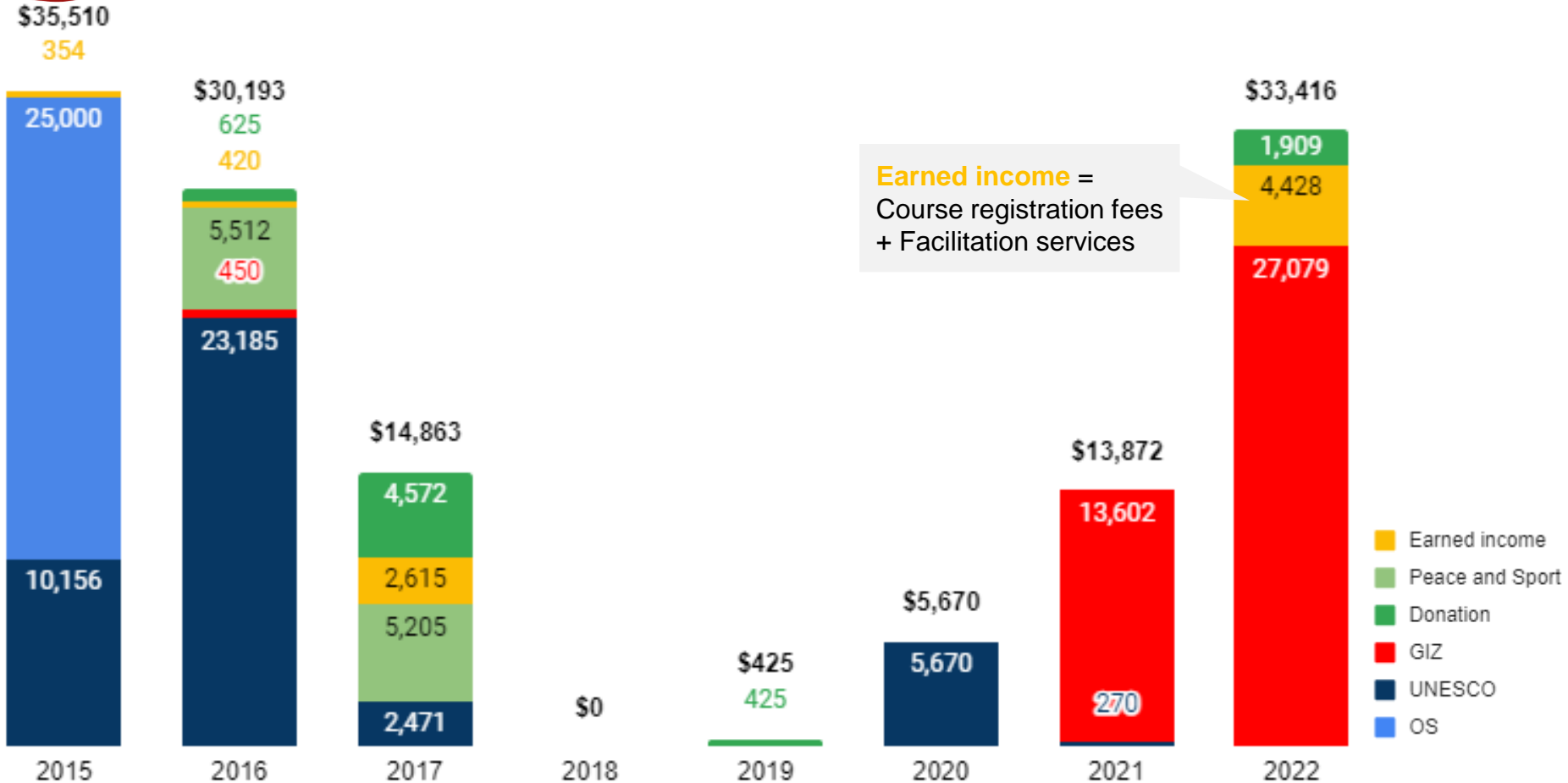




# Only Timor-Leste has diversified funding



**Income per source (US dollars)**





# Who is next?



**Senegal**



**Uganda**



**Kenya**



**Angola**



**Lesotho**

# What is one idea you got for your project from this update?

- *The importance of zero dollar budgeting holds a great future for sustainability*
- *Need to go to other countries outside of Africa.*
- *Opportunities of partnerships through embassies in other countries*
- *In country experience is suggesting that if we tie activities to local economies (village level) support and resources can be grown*
- *What thinking and develop more projects for partnership*
- *Encourage self-funded initiatives, even at small scale*
- *Partnership and collaborations can be a great key for sustainability*
- *Can adapt for anything*
- *Synergies, synergies, synergies*
- *I think funding should also focus on infrastructure development so that the infrastructure becomes a cash cow to grow more projects and also finance sport for life*
- *Develop more facilitation services*
- *Bring more productive ideas at no cost and have a great result*
- *For my country, after looking at all the results, I feel that São Tomé can also do much more in the Sport for Life movement*

# Country updates



MALAWI



BOTSWANA



SÃO TOMÉ E  
PRÍNCIPE



ZAMBIA



GUINEA-BISSAU



MOZAMBIQUE



CABO VERDE



TIMOR-LESTE



# **Let's focus on the positive!**

As we hear our colleagues, notice all the good things they have done. **Share on the chat** what impressed you the most, or ideas they are giving you.



**MALAWI**



**First-ever zero-dollar  
launch by a volunteer  
in a new country!**



**Well done,  
Gracious!!**

**TIPANGILE  
LIMODZI!**





**BOTSWANA**



## 1 Sport for Life Course:

Gosego Kwete

Karabo Thobega

Mathodi

Matlhodi

Pulo Puso

Watipa Koketso Johannes

Well done,  
**team**  **!!**  
**ARE DIRENG!**



**SÃO TOMÉ E PRÍNCIPE**

## 1 Sport for Life Course:

Carla Cabral

Edsolange

Filipe Neto

Henriques Barbosa

Oswaldo Campos

Oswaldo Leal

Selmy

Vladimir Viegas

Well done,  
**team**  **!!**  
**BAMU FÊ!**



**ZAMBIA**

1. **Debby Kasoma: 2 courses**

2. Eucharía Saviye: 1 course

Gracious Bwalya: 1 course

Nswanamuni Chadwel: 1 course

Well done,

**Debby!!**



**TIVICHITE**

**PAMODZI!**





**GUINEA-BISSAU**

Well done,  
**Laurindo!!**  
**NO NA FACYL!**





**MOZAMBIQUE**



Well done,  
**Igor!!**

**HI TA YENTXA!!**





**CABO VERDE**



**TIMOR-LESTE**



**2 Sport for Life Courses +  
4 Train-the-Trainers!**

- |     |                       |                             |
|-----|-----------------------|-----------------------------|
| 1.  | <b>Epifania Gomes</b> | <b>4 TTTs and 2 Courses</b> |
| 2.  | Virginia de Graca     | 5 TTTs                      |
| 3.  | Jaime de Graca        | 3 TTTs and 2 Courses        |
| 4.  | Feliciano Soares Soi  | 5 Courses                   |
| 5.  | Herminia Monteiro     | 1 TTT and 5 Courses         |
| 6.  | Augusta Orleans       | 1 TTT and 3 Courses         |
| 7.  | Antonia Jania Soares  | 1 TTT and 1 Course          |
| 8.  | Suzana Belo           | 1 TTT and 1 Course          |
| 9.  | Juventus Argentina    | 1 TTT and 4 Courses         |
| 10. | Sónia Paula Pereira   | 4 Courses                   |

Well done,  
**Epifania!!**  
**HALO DEIT!!**



# Top facilitators globally in 2022













Facilitator	Score	TTTs	Courses
 1 <b>Igor Espanhol</b>	13.0	2	3
 <b>Léo Moreau</b>	13.0	2	3
 3 <b>Epifania Araujo da Silva Gomes</b>	12.6	4	2
 4 <b>Virginia de Graça da Cruz</b>	10.6	5	
 5 <b>Jaime de Graça da Cruz</b>	7.6	3	2
 6 <b>Feliciano Soares Soi</b>	5.0		5
 7 <b>Herminia Soares dos Santos Monteiro</b>	4.6	1	5
 8 <b>Augusta do Rosário Orleans</b>	3.6	1	3
 9 <b>Antonia Jania da Silva Soares</b>	3.5	1	1
 10 <b>Suzana Olimpia Belo</b>	3.5	1	1



Launch in  Botswana + Launch in  São Tomé e Príncipe

# Top facilitators ever!



	Facilitator	Years	Score	TTTs	Courses
	1 <b>Virginia</b> de Graça da Cruz	7.6	70.6	15	15
	2 <b>Ivete</b> Rosa	5.3	29.0	3	15
	3 <b>Léo</b> Moreau	4.2	26.5	4	7
	<b>Silvina</b> Amaral Mendonça	4.0	26.5	4	9
	5 <b>Igor</b> Espanhol	0.9	19.0	3	4
	6 <b>Epifania</b> Araujo da Silva Gomes	1.8	17.1	5	4
	7 <b>João</b> Manuel Frederico	3.4	9.5	1	7
	8 <b>Jaime</b> de Graça da Cruz	1.8	8.6	3	3
	9 <b>Jeremias</b> da Silva	1.0	5.5	1	3
	10 <b>Juvito</b> Guterres Fraga	1.8	5.1	2	2

# Keep spreading the fire 🔥, Léo!! ALLEZ ALLEZ!



**7** Sport for Life Courses

**4** Train-the-Trainers

**5** launches

in **6** countries

(all except Timor-Leste and Malawi)







[www.sport-for-life.org](http://www.sport-for-life.org)

[link to data](#)

Country

Year

Philippines



**SPORT FOR LIFE**



**Active since the creation of Sport for Life in 2015!**  
**15** Sport for Life Courses +  
**15** Train-the-Trainers  
 in **ALL** 13 districts of Timor-Leste



Keep flying,  
**SuperVirginia!!**

**HALO DEIT!**



# Thanks!



United Nations  
Educational, Scientific and  
Cultural Organization



COMITÉ OLÍMPICO  
CABO-VERDIANO



OLYMPIC  
SOLIDARITY

**giz** Deutsche Gesellschaft  
für Internationale  
Zusammenarbeit (GIZ) GmbH



**ZAMBIA**



**BOTSWANA**



**MALAWI**  
*Sport*

**Malawi National  
Council of  
Sports**

And everyone else who  
has provided generous  
support, cheered and  
sent good vibes

# Sharing time



MALAWI

**Self-started  
zero-dollar  
new country launch**



MOZAMBIQUE

**Government  
partnership**



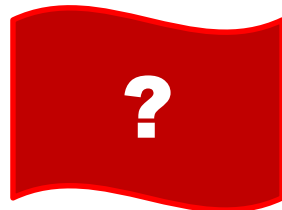
CABO VERDE

**Youth  
for Life**



TIMOR-LESTE

**Self-sustainable  
business models**



**Other  
ideas?**

# Business model ideas



## Zero-dollar/ Partnerships

- **Volunteers**
- **Equipment** donations
- Resources from **Government, schools, federations, clubs**
- **NGOs** providing children education

## Low-cost

- Prioritize sports requiring limited resources
- “Semi-volunteers” (expense support)
- **Subsidized** materials

## “Micro”- business ideas

- **Course fees** (e.g., \$1-10 for S4L Course, \$5-25 for TTT)
- **Membership fees** from alumni (e.g., \$10/year) or kids (e.g., \$0.25/week)

## “Macro”- business ideas

- Sell **facilitation** services
- Sell **consulting** services
- Sell **products** (e.g., adapted equipment)
- Sell Sport for Life **educational materials**
- **Fundraising**/grants/crowdfunding

# Sport for Life variations/innovations

Brainstorming in the Global Forum 2022



**Partners**

**Other  
missions/  
problems**

...

**Sport for Life  
Innovations**

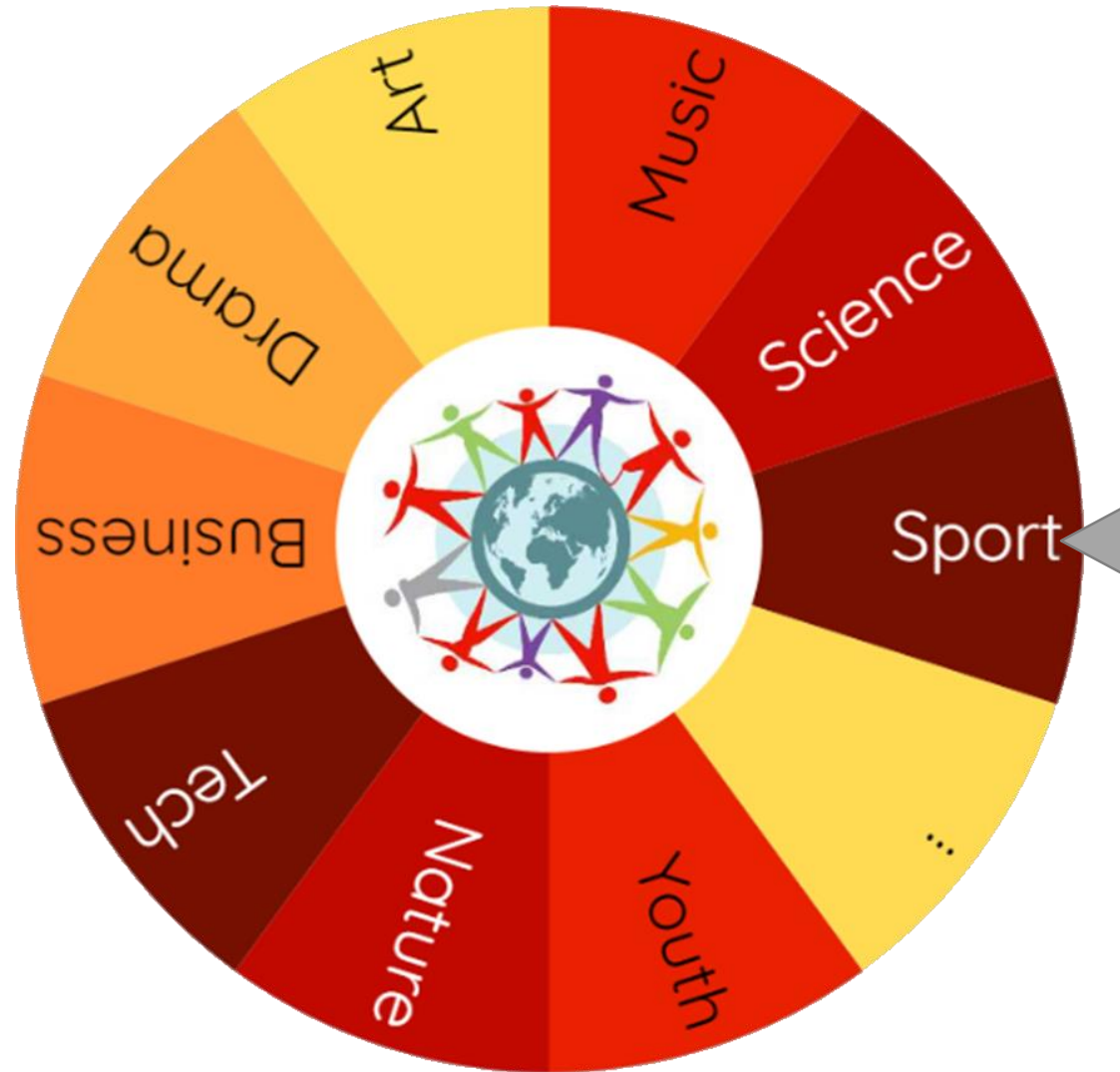
**Course  
types/  
formats**

**Other  
topics/  
activities**

**Materials/  
codification**

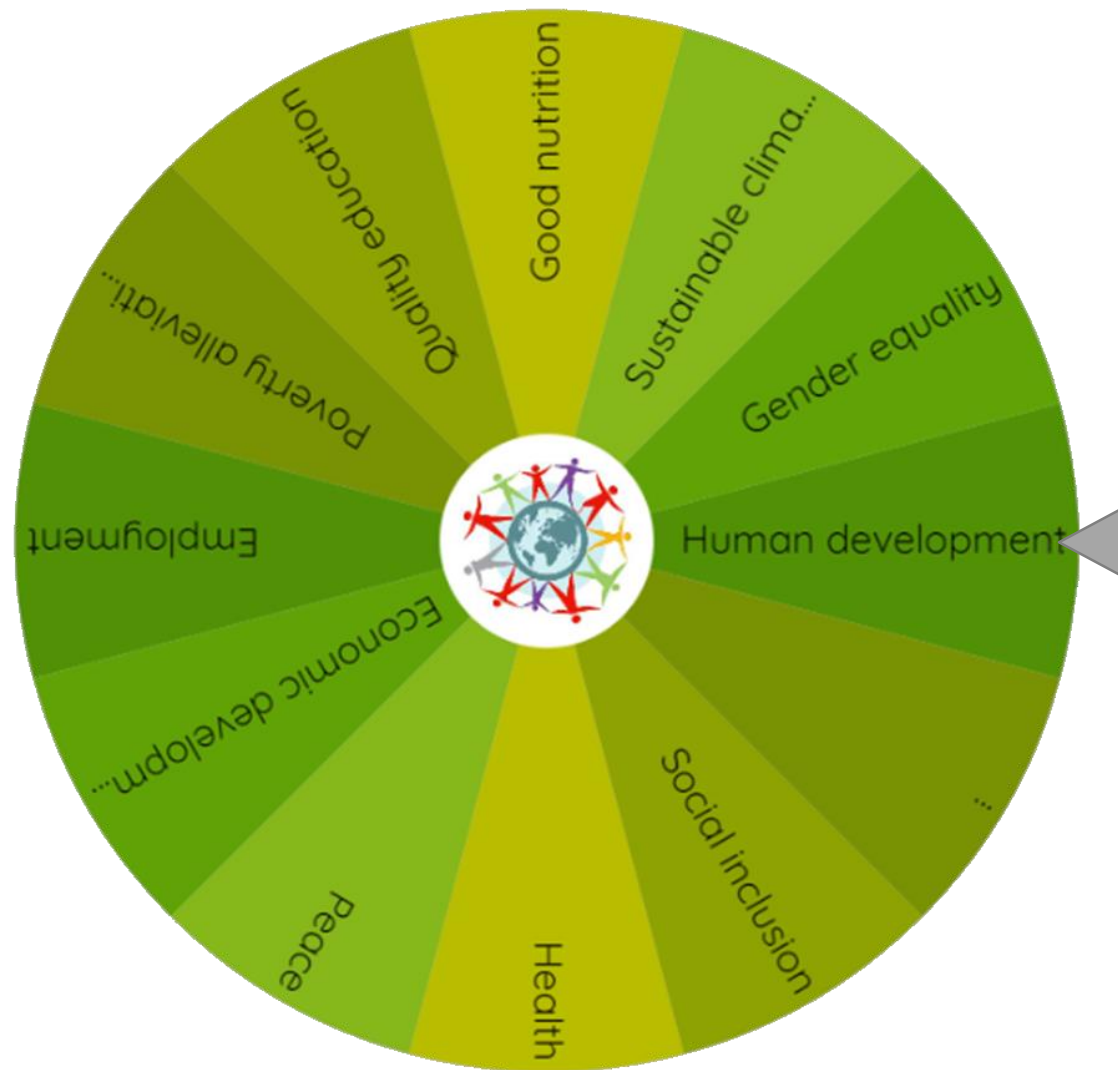
**Other  
target  
groups**

# Our means/tools



<https://wheelofnames.com/fef-5ya>

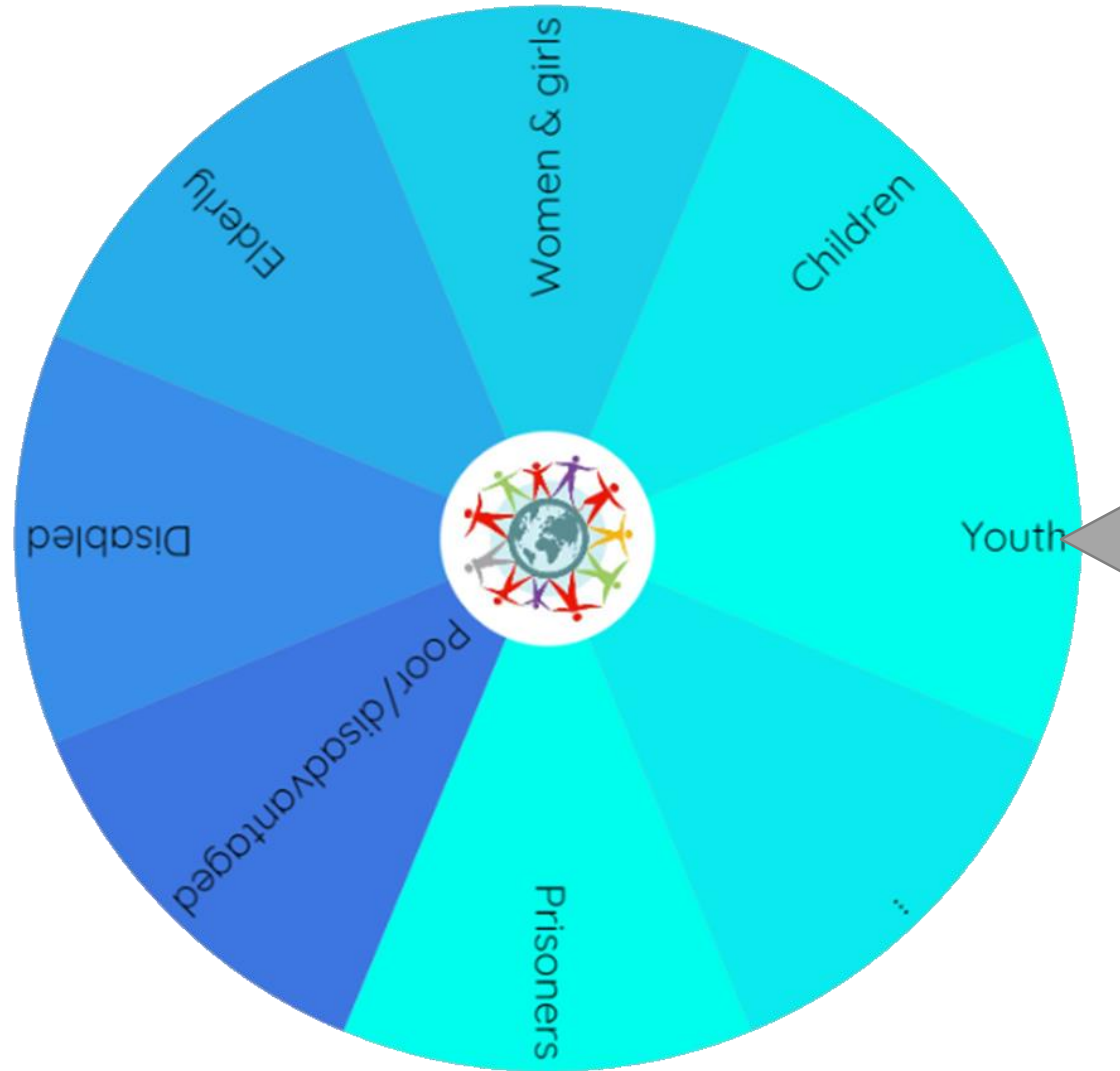
# Our mission



<https://wheelofnames.com/yrq-paq>



# Our target groups



<https://wheelofnames.com/5jv-uwv>



# **SPORT FOR LIFE**

With a focus on

**youth**  
children  
women & girls  
disabled  
prisoners  
rural areas  
poor/disadvantaged  
elderly

**SCIENCE**

**MUSIC**

**ART**

**DRAMA**

**TECH**

**NATURE**

**YOUTH**

**BUSINESS**

**PEACE**

**GENDER**

**EDUCATION**

**JOBS**

**INCLUSION**

**CLIMATE**

**NUTRITION**

**HEALTH**



**Q&A**

**Other topics**

# Next steps



1. Organize a **Sport for Life Hub** at local level
  - Who are the members
  - Place to meet (e.g., NOC, local club, sport facility, someone's house?)
  - Regular meetings (e.g., weekly on Friday 6pm)
  - Consider constituting a club or association (at local and/or national level)
2. Run a **Strategic Planning meeting** to discuss how you want to develop Sport for Life
  - At national level (virtual meeting?) or local level
3. Create a **Calendar for 2023** (activities, dates, organizers)
  - Regular sport activities (e.g., every Saturday morning at primary school)
  - Sport for Life Courses (e.g., 1 per quarter at local level)
  - Train-the-Trainers (e.g., 1 per year at national or regional level)
4. **... other ideas?**
5. **Just do it!**

# What will you do to develop Sport for Life in 2023?

- *Tie Sport for Life into all the planned "Spaces" in Uganda - also to get an initial TTT to help kick start it all off in Uganda!*
- *Dedicate time and energy to explore Sport for Life Micro-Business*
- *In 2022 Zambia did something really great : a Sport for Life festival, with a maximum of districts/provinces/municipalities organizing Sport for Life activities (courses, multisport activities) at the same time (during Olympic week or Olympic Day for instance)*
- *I will travel zero-dollar to a couple of countries to support boosting Sport for Life activities there!*
- *Contribute to the growth of movement in other countries and in Mozambique, hopefully I can catch up Virginia by the end of the year hahaha*
- *Go into SDGs space and explore opportunities for empowerment*
- *Motivation, engagement and commitment*
- *Continue the movement, synergy*
- *Support Sport for Life volunteers all across the world whenever needed, and contribute to launching new countries in Africa and beyond!*
- *Contribute towards implementing the 2023 plan in Botswana BW*
- *Bring more Sport for Life activities to Sal island – make it something permanent at least twice a year*
- *Sport empowerment in kids*
- *Draw more closer to the movement here in Botswana (as the NOC) and attend their events as much as possible*
- *I hope to expand Sport for Life to more of the São Tomé community*

# Let's do it!

 **Halo  
deit!**

 **Tivichite  
pamodzi!**

 **Tipangile  
limodzi!**

 **Bamu  
fê!**

 **No na  
facyl!**

**Are**  **direng!**

 **Hi ta  
yentxa!**

 **Epa  
fazi!**





# **SPORT FOR LIFE**

**HUMAN DEVELOPMENT THROUGH SPORT**

[WWW.SPORT-FOR-LIFE.ORG](http://WWW.SPORT-FOR-LIFE.ORG)

[CONTACT@SPORT-FOR-LIFE.ORG](mailto:CONTACT@SPORT-FOR-LIFE.ORG)

[WWW.FACEBOOK.COM/SPORTFORLIFEMOVEMENT](http://WWW.FACEBOOK.COM/SPORTFORLIFEMOVEMENT)