

Digital East Africa Cup 2020

Our purpose:

- Inspire youth to believe in themselves and empower them to make a difference in their home communities
- Share experiences and strengthen connection between organisations
- Build the capacity of organisations and promote the use of sports as a development tool

Who is it for?

- youth, volunteers and organisational staff working with Sports for Development (+ anyone interested :))

Program and information about sessions

Wednesday 24th of June:

15:00-15:30 EAT: Opening Ceremony

- Welcoming words by East Africa Cup Secretariat 2020
- Introduction of teams & participants (showing national flags)
- Cultural performances
- Short overview of the digital EAC program and activities

16:30-18:00 EAT: Open networking session / InvolveME Consulting

Covid-19 has impacted all organisations working with youth. How can we learn from our best experiences coping with this situation? Join this open networking and experience sharing session where you can meet inspiring people and share your ideas.

About the facilitator:

Anna Nigicser wishes to contribute so that young people realize and live out their potential - for not only themselves, but for the benefit of people around them. She is passionate about education development in East Africa, mostly focusing on the

Digital
East Africa Cup 2020[®]


InvolveME Consulting


InvolveME Consulting:
Open networking session
How have we coped with Covid-19?
Let's learn from our best experiences

- Get to know your fellow participants, make connections
- Collect best experiences with coping with Covid-19
- Learn from each other and be inspired

Facilitator: Anna Nigicser, Involve ME Consulting


DIGITAL SESSION ON ZOOM
Wednesday 24th of June
16:30-18:00 EAT

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(CLICK ON THE LINK BELOW)

youth, providing career guidance and promoting youth entrepreneurship. She has a background in International Development, and is representing InvolveME Consulting as an independent consultant.

Thursday 25th of June:

09:00-10:30 EAT: Child safeguarding & child rights / CHRISC

How can we prevent child abuse? it's necessarily to teach children about their rights, cultivate their confidence and create awareness about how stop and report child abuse.

About the facilitator:

Edmund Elias Lyakurwa is a Tanzanian living in Arusha. He's a former Volunteer at CHRISC Tanzania in media, peer leadership, volleyball leader, and as a facilitator of child safeguarding. Edmund has a background in cross-cultural communication and international work and spent one year in Norway at a Folkehogskole with Norec exchange. He also studied digital photography at Africa Amini Alama and has volunteered in Norway and Tanzania in CHRISC , East Africa cup, KRIK, Young Life, Montessori mwanza, Barn er bra festival, Udland church , YL Cafe 3:16 and CTIDO Tanzania.



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24-26th of June, Online on Zoom

CHRISC: Child safeguarding & child rights

- Who is a child? What are child rights?
- What is child abuse and how can it occur?
- Athletes roles and responsibility in stopping and/ or reporting abuse

Facilitator: Edmund Elias Lyakurwa, CHRISC Tanzania

DIGITAL SESSION ON ZOOM
Thursday 25th of June
09:00-10:30 EAT

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11:00-12:30 EAT: WASH - Covid 19 / Ilula Oprhan Program

COVID 19 can be stopped if we are all responsible! Hygiene and individual responsibility are the effective prevention measures. Learn more about practices that are easy and effective for anyone regardless of the social and economic differences.



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CHRISC: WASH - Covid 19 / Ilula Oprhan Program
How to prevent the spread of Covid-19

- Personal hygiene, responsibility and prevention of COVID 19
- How to create behavioral change to stop spreading the virus

Facilitator: Benson M. Lwakatare
(Ilula Orphan Program - IOP Tanzania)

DIGITAL SESSION ON ZOOM
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About the facilitator:

Benson M. Lwakatare believes that every success starts from self-responsiveness and willingness to dare and act on what you believe in. He is confident that youths are the key population that can impact change. If youths are empowered to realize their potentials and the opportunities they have, this world can witness a new era of social, economic and democratic justice. In this year's EAC, Benson would like to empower young people to take a responsible role in helping our communities fight against COVID 19 through simple but effective ways of hygiene. He works with IOP Tanzania in supporting Youths and women.

13:30-15:00 EAT: Sexual and gender based violence / YGlobal

Gender Justice seeks to address the rising number of Violence in homesteads and how this violence has affected young people especially children living in homestead while not being able to go back to school. Due to restrictions of movements many schools and business have closed this means families are staying back home spending more time than before at home, this has a both negative and positive impact.

About the facilitator:

Beth Kawira is working with YGlobal as Sexual and Reproductive Health and Rights (SRHR) Advisor. She has bachelors in media studies and Masters in Project planning and management with experience working with the youth as Kenya YWCA Branch manager (Meru Branch). She has also worked with various organizations on research mostly on SRHR.



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YGlobal:
Sexual and gender based violence
SRHR with a focus on transformative masculinity

Create awareness to the participants on Sexual and Reproductive Health and Rights in relation to destructive masculinity especially during COVID19.

Facilitator: Beth Kawira, YGlobal

DIGITAL SESSION ON ZOOM
Thursday 25th of June
13:30-15:00 EAT

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15:30-17:00 EAT: Sports for development / GIZ

The sports for development has proven to be a cost-effective and flexible tool for promoting peace and development objectives. S4D is recognized as a growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives. Join us to learn more.

About the facilitators:

Andrew Oloo is a former football player (GorMahia FC), a community coach with Tackle Africa, a football for Health Instructor (FIFA F Marc), an England FA licensed coach, and a senior sport for development advisor at GIZ (German Development Cooperation). He has experience working with Mathare Youths Sports Association (MYSA), Christian Sports Contact Tanzania (CHRISC) Moshi/Arusha, Zeitz Foundation (Laikipia Unity Program), and has also served as an organizing committee member East Africa Cup for more than 8 years. He is currently working for GIZ Regional Project, Sports for Development Africa (S4DA).

Titus Mwahafa is a sport for development instructor from Namibia. He works as an expert on Sports for development for GIZ, and is the founder of the Technical Basketball Academy.



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Implemented by:
german cooperation DEUTSCHE ZUSAMMENARBEIT
giz

GIZ:
Sports for development

- Embedding sports for Development
- Social Behavior Change
- Sports for Development as an innovative method for children, youths and parents

Facilitator: Andrew Oloo and Titus Mwahafa

DIGITAL SESSION ON ZOOM
Thursday 25th of June
15:30-17:00 EAT

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18:00-19:30 EAT: EAC podcast

Who needs a radio station, when you can podcast? How are podcasts shaking up the global media environment? And what does this mean for East Africa? This is a practical introduction to podcasting aimed at the next generation of East African content creators (i.e. you). Ideally, we will produce our own podcast over coming weeks, and we start with this session. For inspiration, check out the "Back of the Net" podcast here:

<https://www.afcbpodcast.com/about-us/>

About the facilitator:

Nick Raistrick is a writer, editor, and media trainer/consultant. He has written for print, radio, TV, online and social media, and has extensive experience as a trainer, e-learning consultant, coach, onsite media consultant and co-producer. Nick has spent



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Nick Raistrick:
EAC podcast
An introduction to podcasting

Who needs a radio station, when you can podcast?
Podcasts are shaking up the global media environment. What are they?
And what does this mean for East Africa? Can we make our own podcast?

Facilitator: Nick Raistrick

DIGITAL SESSION ON ZOOM
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18:00-19:30 EAT

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almost a decade in various roles at the BBC, initially as a copywriter, then as an editor, and training manager. I've also worked on commercial, public sector, and humanitarian projects. He has worked on projects with gender-based violence, human rights, and media as a tool for conflict resolution as a theme, for people like BBC Media Action, International Federation of Journalists, DfID, and the UN.

Friday 26th of June:

09:00-10:30 EAT: Entrepreneurship / Leap Learning & Africa Startup

What is entrepreneurship? Who can become an entrepreneur? How can (social) entrepreneurship solve community challenges and contribute to development? Join our interactive session to spark your creativity and learn the basics of entrepreneurship.

About the facilitator:

Anna Nigicser wishes to contribute so that young people realize and live out their potential - for not only themselves, but for the benefit of people around them. She is passionate about education development in East Africa, mostly focusing on the youth, providing career guidance and promoting youth entrepreneurship. She has a background in International Development and is working with Leap Learning as a project manager.



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Leap Learning & Africa Startup:
Entrepreneurship
How to make money while helping others?

Inspirational seminar about (social) entrepreneurship and how it can contribute to solve community challenges and create development?

Facilitator: Anna Nigicser, Leap Learning & Africa Startup

DIGITAL SESSION ON ZOOM
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09:00-10:30 EAT

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11:00-12:30 EAT: Stop poverty / YGlobal

Since the pandemic started, many people have lost their sources of livelihood or lost their jobs due to restrictions and many businesses have succumbed. The sessions are to address the opportunities that have arisen due to the pandemic.

About the facilitator:

Asman Salim has extensive experience as Programs Coordinator in Kenya under the banner of the YMCA. He has a background in Sign language Interpretation and leadership and development studies. Asman is



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YGlobal:
Stop poverty
Stop poverty campaign and Saving and Investment Groups

How to use Saving groups (Vicoba) as a tool for sustainability and entrepreneurship and alternative means of earning

Facilitator: Asman Salim, YGlobal

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currently working with YMCA/YWCA (YGlobal) in Norway as SRHR advisor on several projects. He is passionate about ensuring gender justice and working with people with disabilities. His work has helped him to grow in many different ways including getting exposed to different cultures.

13:00-14:30 EAT: Project Management / Scott Jones, Mind the Gap

Interested in knowing the secrets of designing successful projects? Join us for a practical introduction to project design and management with Dr. Scott Jones (Mind the Gap Research and Training). This session is for leaders of organisations working with sports for development and other community development projects.

About the facilitator:

Dr. Scott Jones is a restoration ecologist. He is based in Scotland but is a part-time associate professor in Peace and Conflict Studies at Bjørknes University College, Norway. An ex-nurse and pilot, Scott works mostly on climate change and natural resources management. Aside from rugby and the mountains of Scotland, his main passions are: (1) getting more young people and women sitting at the 'top table' for resolving conflict and building peace; and (2) reversing land degradation in highland Eritrea and the juniper-olive woodlands of East Africa. <http://www.mind-the-gap.net/who-we-are/scott-jones/>.



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mindthe gap **BJORKNES UNIVERSITY COLLEGE**

Dr Scott Jones
Mind the Gap & Bjørknes University College:

Project Management
Designing Successful Projects:
a practical introduction to project design and management

- Essential elements of successful project design
- Stakeholder analysis
- Objectives, risks and indicators for monitoring and evaluation

Facilitator: Dr Scott Jones, Mind the Gap & Bjørknes University College

DIGITAL SESSION ON ZOOM
Friday 26th of June
13:00-14:30 EAT

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15:00-16:30 EAT: Communication, branding, marketing / LaunchPad

This introductory marketing class will shepherd participants to viewing problems, pain and gain areas as business opportunities that people will pay money for. This session seeks to transform the things the community does to survive into those that they can repackage as products, ideas and services and benefit from.



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launchpad

LaunchPad

Communication, branding, marketing

- Introduction to the basic concept of marketing
- Link to practical business decision making situations as relates to job creation, behaviour change and poverty eradication
- Champion behaviour change in their communities

Facilitator: Oliver Aswani, LaunchPad

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About the facilitator:

Oliver Aswani is an expert in marketing. He has worked in direct marketing, Public Relations and event management. He had the privilege to lead amazing teams, ideas, developed content and outcomes for brands in beverages, banking, telecoms, government, agriculture, sports and education. Having transitioned as an intern in Supreme Furnishers, a green horn in Marketing Age to founding LaunchPad a PR, Marketing and Events Company in Nairobi Kenya- his journey to helping brands has been phenomenal.

17:00-18:30 EAT: Closing Ceremony

- Short experience sharing: What have you learnt during the digital EAC? What did you like the best? Few people share
- Share youth contributions (pictures, films etc.) and reward winners
- Some cultural input
- Closing remarks by East Africa Cup Secretariat

Welcome! / Karibuni sana! :)