

Quarter 3

EVERY BODY MOVES

Oct, 2022 / Vol 1



What have we been up to ?



What to look for inside the NEWSLETTER :

1. Project updates
2. Staff updates
3. What to look out for
4. Trivia





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NEWSLETTER

National Organization for Women in Sport, Physical Activity and Recreation (NOWSPAR) is a women led sports organization that aims to encourage and promote engagement of women and girls in all areas, levels and abilities in physical activity, sport and recreation for fun and excellence. All our programs aim to promote gender equity in a male dominated sports sector. For the past 18 years we have implemented several projects targeting girls and women in order to close the gender gap in sport, physical activity and recreation. Below are some highlights for the period July to September 2022. Happy reading!!





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NEWSLETTER

PROJECTS - GOAL



GOAL is one of NOWSPAR's flagship projects that target adolescent girls and young women between the ages 12 to 24yrs. Through this project, girls and women are empowered with financial literacy as well as sexual reproductive health information.

One of the highlights from the project was a Bank tour that was conducted at Standard Chartered Bank Headquarters for 43 adolescent girls from Simon Mwansa Kapwepwe School within Lusaka District. The girls aged between 13 and 17 years learnt financial literacy through games and talks with the bank staff members.



During the quarter, the GOAL Project also conducted a Banner Event at Kabanana Community School for over 200 adolescent girls. The focus of the event was to teach the girls on hygiene, children's rights and financial literacy.



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NEWSLETTER

GOAL PROJECT

GOAL TRAINING

In September we conducted a Goal Facilitators team building for 14 participants coming from the implementation partners, these are; Youth Support Initiative (YSI) based in Kitwe, Safrina Foundation based in , Mwinilunga and Eagles of Change and NOWSPAR based in Lusaka.



Goal facilitators team building held at 4 Pillars lodge, Chilanga.





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NEWSLETTER

READY TO EARN (R2E) PROJECT



Through the Ready to Earn (R2E) project, we promote the participation of girls and women in sports through different empowerment approaches that provide life skills, employability and entrepreneurship opportunities and financial literacy.

In September, we sponsored 5 young women in CAF C coach training which will enable them to coach football anywhere in Africa.

Pictured on the left is Ms Febby Phiri, one of the trained CAF C Coaches ;



Coach Febby Phiri



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NEWSLETTER

Youth Sport Exchange Programme (YSEP)



NOWSPAR implements the Youth Support Exchange Programme (YSEP) which is a sports cultural exchange programme that aims to help athletes from Norway, Malawi, Zambia and Zimbabwe learn about the sports culture in each other's countries. NOWSPAR with support from the Norwegian Government conducted general and special orientations for participants from the North (Norway) and the South (Malawi, Zambia and Zimbabwe). The General Orientation was conducted in Lusaka, Zambia and the Special Orientations were conducted within the athletes' placement countries.

The purpose of these trainings/orientations was to welcome and provide guidance and support to the new participants of the 2022/2023 YSEP program.





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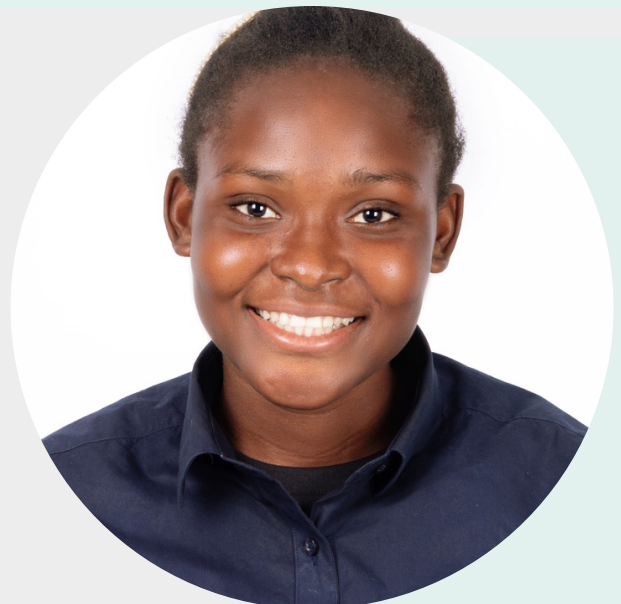
NEWSLETTER

Youth Sport Exchange Programme (YSEP)



NOWSPAR received two YSEP participants, namely Birte Sunde from Norway and Thandie Mbambo from Malawi (*pictured on the left*). We look forward to working with them for the next 10 months.

On a sad note, we had to say bye to two local YSEP participants who were placed at NOWSPAR from within Zambia. Edwin and Velda (*pictured below*) worked with us in different capacities for a period of 4 months.



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MEDIA ENGAGEMENTS



We had media engagements with the following Media Houses;

- **One Love Radio** - our Program Manager (*pictured on the far left*) talked about the opportunities available for young women in Sport on the their Live Sports Program.
- **Prime Television** - Our Project Officers (Ms Febby Phiri and Mr Tafara Phiri) spoke about NOWSPAR's role in advancing women's skills and opportunities.
- **Millennium Radio** - We were represented by one of the beneficiaries of the Play It Forward (PIF) Program on the "Women Lounge" segment who spoke about her experience and the benefits of the Program.





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STAFF UPDATE



In an effort to promote staff wellness, NOWSPAR held a staff retreat for all staff members at Tiffany's Canyon between 23rd to the 26th August, 2022. This was an opportunity for staff members to rest, reflect on the current year and plan for the next year. Here are some picture highlights.





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STAFF UPDATE



NOWSPAR welcomed two new staff members under the Global Health Corps (GHC) fellowship programme.

They have been working with us since mid-July and are doing amazing things in their respective roles.



Meet our newest team members



Wiza Siwale - Monitoring and Evaluation Coordinator (*Pictured above*)

Nalishebo Kashina - Resource Mobilisation and Partnerships Coordinator (*Pictured on the right*)





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NEWSLETTER

What To Look Out For

EVERY BODY MOVES SPORTS FESTIVAL.

Date : 19th November, 2022
Venue : Piazza East Park
Charges: FREE ! FREE ! FREE!

"Every Body Moves, So Lets Move."

For partnership and Collaboration : 0971-615735

We will be hosting the 2022 fest under the theme **“Every Body Moves! So, Let’s Move!”** to promote and raise awareness of women’s participation in sport and health.

Every-Body Moves Fest aims at engaging people of all ages and abilities in physical activity and sport for fun, recreation and education. The fest activities will include sport and recreation activities, traditional/interactive games, fitness and dance, health promotion/checkups (cancer and oral health, and Sexual Reproductive Health) additionally cooperate desks/stands will be set up.



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NEWSLETTER

Happy Independence Month



*Happy Independence,
Zambia at 58 !!!!*



Nowspar



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nowspar_



NOWSPAR Women in Sport



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NEWSLETTER

SPORTS TRIVIA



1. What sport is described as “the beautiful game”?
2. Which country won the first ever football world cup?
3. How many regulation strokes are there in swimming?
4. How long is the total distance of a marathon?
5. How many gold medals has Usain Bolt won?
6. What is his world record time for the 100 meters?
7. What five colors make up the Olympic rings?
8. What was Mohammed Ali’s original name?
9. What is the only sport to be played on the moon?
10. How many NBA championships did Michael Jordan win with the Chicago Bulls?





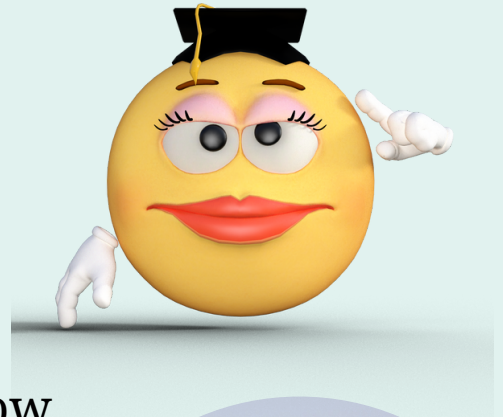
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NEWSLETTER

GOODBYE FOR NOW




We hope you enjoyed getting updated with our work, we hate to say Goodbye, BUT please subscribe to our newsletter for our monthly updates and Opportunities.



For more information on our work, follow us on the following social media platforms;


 [//nowspar.org/](https://nowspar.org/)

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