



SWISS ACADEMY FOR DEVELOPMENT



ANNUAL REPORT
2017

The Swiss Academy for Development (SAD) is a centre of excellence for sport and development. We use sport and play to empower disadvantaged children and young people in Switzerland and internationally to become healthy, educated and employed citizens.

We see sport as being a form of life-long learning, and are convinced that people learn best through play. Children and young people acquire basic skills through sport and play, which help them to deal with the challenges of daily life and to actively shape their lives.

We implement all of our projects in partnership with local organisations. We focus on solid monitoring and evaluation and use approaches to development that are based on clear facts. Our consultancy services use our specialist knowledge and competency in methodology, gained through decades of experience. We publish the results, and promote the exchange of knowledge and mutual learning with the International Platform on Sport and Development (sportanddev.org).

SAD was founded in 1991 as a not-for-profit foundation in Biel/Bienne, Switzerland. We are ZEWo certified (Swiss seal of quality for not-for-profit organisations).



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SPORT A SCHOOL FOR LIFE



DR ERNST SCHLÄPFER
President of the Foundation Board

In 2016, a delegation from SAD approached me to ask whether I could imagine becoming President of the SAD Foundation Board. Initially, I was rather surprised. Then I spent some time looking closely at SAD's aims and responsibilities. I found out that SAD works on health, education and employment in development areas as well as in Switzerland, and that the most important tool for this is sport and play.

As the rector of a centre for vocational education and training that offers integration classes, I have been closely involved with the topics of education and employment for years—mainly in Switzerland but also in development areas and places with refugees. What is more, as a successful athlete, I believe fully in sport as a school for life. As far as I am concerned, sport without play is unimaginable. Did you know that my sport, Schwingen, or Swiss wrestling is a “game” and not a sport?

I realised that SAD's aims are all very familiar to me. As I am also of the opinion that we have a real responsibility to help disadvantaged people, as we live in a safe world with a lot of excess, I was pleased by the SAD delegation's request. I happily accepted to take over from proven President of the Foundation Board and current Honorary President, Prof. Hans Peter Fagagnini.

In Switzerland, sport is a compulsory component of education right up until vocational training. This has a lot of positive effects, not least on health, SAD's third aim. This might come as a surprise, but I am far more convinced by the positive effects of sport on mental health than on physical health, which is often equated with sport. A healthy mind is the most essential factor for education and employment.

NO DEVELOPMENT WITHOUT HEALTH

Health is an essential element of sustainable development. Healthy people are in a better position to fulfil their potential, to work and to make a positive contribution to society.

Sport and play are tools that increase physical, social and mental wellbeing in a comprehensive manner. Their targeted use doesn't only leave us feeling fitter. Sport and play help in learning to live with challenges, in regaining hope, and in finding our place in a new environment. The good thing is that sport and play are fun!

These claims are often proven in our work, for example, in Kenya where we work with young children from Kibera, the biggest slum in east Africa. Through sport and play, they learn how they can protect themselves from sexual violence, HIV and AIDS. Schools have been organised more safely, so that the lessons the children have learnt can be applied there too. In Myanmar, we support young women as they use sport and play to work on traumatic experiences from the decades of civil war. In addition to the play activities and psychosocial advice, possibilities for creating new income improve the women's financial health. You can find out more about both projects in this annual report.

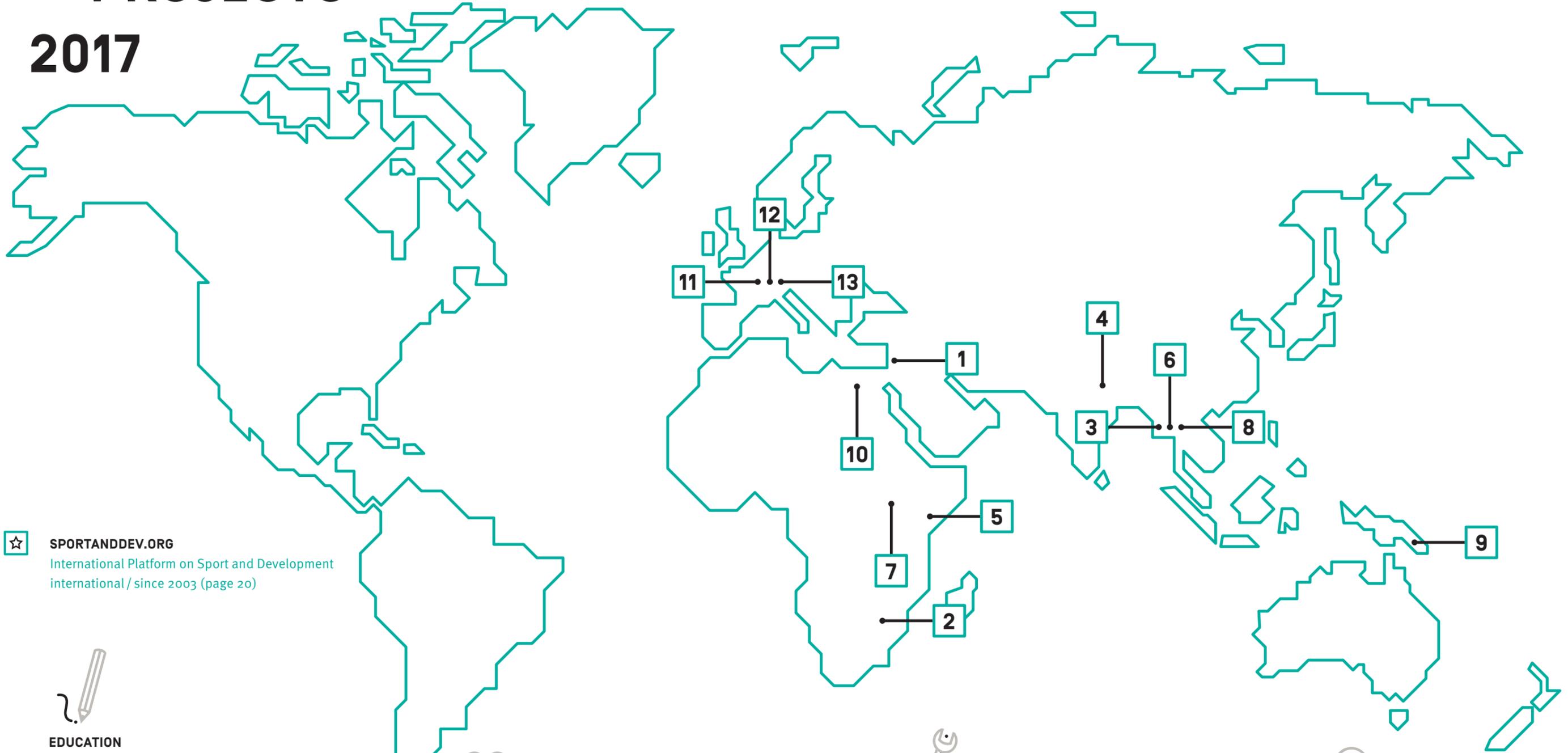
I hope that there is plenty of play in your life too!
Happy reading and warm regards.



MARC PROBST
Executive Director

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2017



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SPORT AND PLAY AGAINST ABUSE

“IT WAS REALLY FUN THAT WE COULD LEARN A LESSON FROM EVERY GAME. AND THAT THE COACHES EXPLAINED THE CONNECTIONS SO WELL.” ESTHER LIVES IN THE KIBERA DISTRICT OF NAIROBI, AFRICA’S BIGGEST SLUM. SHE IS A PARTICIPANT IN “EMPOWER MY LIFE!”. IN HOLIDAY CAMPS, PARTICULARLY DISADVANTAGED CHILDREN LEARN WHAT SEXUAL VIOLENCE IS AND HOW THEY CAN PROTECT THEMSELVES FROM IT. SPORT AND PLAY ARE KEY TO THE PROJECT. ON THE ONE HAND, THEY ATTRACT THE CHILDREN AND MOTIVATE THEM TO PARTICIPATE, AND ON THE OTHER HAND THEY ARE A USEFUL TOOL FOR TEACHING KNOWLEDGE AND VALUES.”

Nobody knows how many people live in Kibera. Estimates go as high as two million people, living in tightly packed shacks at the foot of Nairobi’s skyscrapers. An average of six people share a four-by-four metre room. They have just one room for cooking, eating, sleeping and studying. Most of the houses are made of cardboard and corrugated iron—time and weather misshape them and make them fragile. Cables from people tapping the electricity supply weave like webs over the low roofs. There is barely any running water or sanitation. An average of 50 houses share one latrine.

GREEN AREAS ON THE EDGE OF THE SLUMS

“There are barely any toilets, and the few there are in bad condition,” says Elizabeth Odera. “This is particularly dangerous for women and children, because these public toilets are not in safe places.” This qualified microbiologist is familiar with the living conditions in Africa’s biggest slum. She has been working for the children of Kibera for many years. In 1992, the former professional tennis player founded the Sadili Oval Sports Academy—Sadili for short. The aim of this social enterprise is to use sport and play to make better living conditions possible for children. “The children in Kibera are lucky if they get one proper meal a day,” says Odera, or Dr Liz as many people here call her. “There is also a lack of space and places to play. That’s where we come in.”

In aerial photos, it is easy to spot Sadili’s sports facilities on the south-western edge of Kibera. The green space with swimming pools, tennis and basketball courts, and rugby pitches stands out against the rusty corrugated iron roofs. It is the end of April, the weather



**I WISH EVERY LESSON
IN MY SCHOOL WAS ACCOMPANIED BY SUCH INTERESTING GAMES—I WOULD NEVER MISS SCHOOL EVEN ONCE!**

ESTHER, 11 YEARS, PARTICIPANT OF “EMPOWER MY LIFE!”

is a mild 25 degrees and the school holidays are almost over. Daniel has spent almost every day at Sadili during the last two weeks. He is one of the participants at “emPower my life!”, one of the camps for prevention of sexual violence that SAD is running with Sadili. Ten-year-old Daniel was particularly motivated to join in by the fact that sport and play are a central element of all the activities. “I haven’t got any space or any balls at home to play my favourite sport, rugby,” he said. “When I heard that we would play rugby here, I knew that I had to come.” Rugby wasn’t the only thing on the timetable, but everything at the camp was taught in a playful way. “It was fun to learn so many new things by playing,” said Daniel. Other children had the same experience, for example eleven-year-old Bilha. The idea of being able to play all day was enough of a reason for her to come to Sadili. “And the food was nice,” she added.

A FOCUS ON SPORT AND PLAY

“emPower my life!” is aimed at particularly disadvantaged children from Kibera and other poor neighbourhoods in Nairobi. In three two-week camps, over 500 children have learnt how to protect themselves and others from sexual violence. It is not without reason that sport and play are at the heart of the project. SAD and Sadili have both been using sport and play successfully for over ten years to support processes of social change. The play activities are not just a way of motivating the children to participate but also an effective instrument for sharing knowledge and values. The cooperation between the two organisations is particularly beneficial. Sadili provides experienced local coaches and SAD brings experience in using sport and play for teaching. Together with the local specialists, SAD has trained the coaches as well as developed a handbook with activities for the camps. In addition, we have provided Sadili with the knowledge required to independently monitor and evaluate the project.

INFORM THE CHILDREN BEFORE SOMETHING HAPPENS

Most of the children in the camps are between the ages of six and twelve. SAD and Sadili take into account the fact that sexual activity and sexual violence are relevant from an early age. This has been confirmed

by a study that UNICEF carried out with Kenyan young people in 2010. 32 percent of girls and 18 percent of boys between the ages of 18 and 24 said that they had experienced sexual violence before they were 18. This includes unwanted touching, attempted rape and rape. Only a very few people affected used professional support or knew that it was available. Prevention and education are therefore the main aims of SAD and Sadili’s work. The children should know before something happens.

LEARN TO SET LIMITS

Zack Okong’o, one of the coaches at the camp, explains how important this explanatory work is. He says that an underlying problem is the fact that the children cannot identify sexual violence. “They don’t know the limits and can’t determine when someone enters their personal space.” The aim of a significant proportion of the games at the camp is to strengthen the children’s knowledge of taboo topics such as sexual violence and HIV / AIDS. The children learn when limits have been overstepped, and how to set limits themselves. In roleplay and group activities, they learn how to behave if they experience assault. “I have often heard people making inappropriate comments about me or other girls,” says eleven-year-old Bilha, “But I have never taken it very seriously, because I didn’t know that it is a type of sexual assault.” Finding out that unwanted statements or physical contact are abuse has changed how Bilha deals with them. “Now I know that I won’t be passive next time something like that happens to me or one of my friends.”

CREATE A CULTURE THAT DOES NOT ACCEPT SEXUAL VIOLENCE

Bilha’s statements show that preventing sexual violence doesn’t stop with talking about it. What is really needed is a change in behaviour. It is a matter of breaking through the two-dimensional victim/perpetrator model. The “emPower my life!” coaches talk to the girls and boys as actors who understand sexual violence, intervene in serious situations and support affected people. That way they can work together to create a culture that does not accept sexual violence.



SAD and Sadili see sexual violence as being a problem that affects society as a whole. Our preventive approach refuses the one-dimensional victim–perpetrator model and sees boys and girls as capable people who can help each other, intervene in incidents and support people concerned. This approach requires civil courage and empathy. In games such as “Body Scanner” and “Emotion Relay” the children use their bodies consciously and learn to read and demonstrate feelings.

THINK ABOUT GENDER ROLES

This type of civil courage requires a healthy dose of self-confidence and reflection on behaviours. In the sport and play activities, the focus is not on winning and losing but rather on working together as a team, on physical awareness and on discussions of gender roles. For example, in the game “Guess the Job” the coaches give the children jobs that are not typical for their gender. The children who let go of common ideas about roles there-by guess their job more quickly. After the game, the children discuss how they guessed the answer, and what

518
children

74

coaches and teachers trained

6

schools

that triggers in them. The coaches help to make the link between “Guess the Job” and general gender perceptions and stereotypes. “I never thought that there was sexual discrimination like that in our neighbourhood,” said twelve-year-old Samuel. “I always see women cooking and taking care of babies and I don’t expect men to be doing that, because that is just the way it is. I have learnt during this camp that men can also do it and that assuming only women should be taking care of babies and cooking for their families is gender stereotype.” It has been shown again and again during the camps that sport and play are an effective way of approaching taboo topics such as sexual violence. “I can use games to create situations in which the children experience what it feels like to be stigmatised, for example,” says Zack Okong’o. The children really get to the heart of the matter—they don’t just intellectually learn what stigma is. “They feel the effect that stigma can have,” says the 22-

year-old student of urbanism. “That type of game leads to exciting discussions. Those are the key moments, when the children suddenly make a connection to experiences in their lives.”

EMPOWER MY LIFE! HAS A LASTING EFFECT

Eleven-year-old Esther enjoyed the camp too. “I knew I would learn something, but not as much as I have learnt. I am already looking forward to talking about it at school next week.” Then she added with a laugh, “I wish every lesson in my school was accompanied by such interesting games—I would never miss school even once!” Esther isn’t the only one who would be pleased—Sadili is now offering “emPower my life!” as an activity in six schools in Kibera. Sadili has also trained 74 teachers in playful preventive activities. Thanks to the wide recognition of the prevention programme in the community, and its continuation in schools, the chance is high that “emPower my life!” will have a lasting effect in Kibera.



PROJECT

emPower my life!—Using sport and play to prevent sexual violence in Kenya

DURATION

2016 – 2017

PARTNERS

Sadili Oval Sports Academy, Migros
Unterstützungsfonds, Symphasis, Canton of Aargau

OVERCOMING TRAUMA

WAR AND OTHER VIOLENCE DON'T JUST CAUSE PHYSICAL INJURIES—INVISIBLE SCARS MAY INCLUDE INSOMNIA, ANXIETY OR SOCIAL ISOLATION. EVERYDAY TASKS BECOME TRUE TESTS OF STRENGTH FOR TRAUMATISED PEOPLE AN PERSISTENT SYMPTOMS MAKE EXCHANGES WITH OTHER PEOPLE MORE DIFFICULT. IN MYANMAR, SAD IS SUPPORTING WOMEN AND YOUNG PEOPLE IN DEALING WITH THE EFFECTS OF WAR AND VIOLENCE. THROUGH SPORT AND PLAY AND EXPRESSIVE ART, THE PARTICIPANTS REBUILD THEIR TRUST IN THEMSELVES AND IN THE FUTURE.

Armed conflict in Kayin State is a part of Myanmar’s longest running civil war. Since the country’s independence in 1948, the Karen—like many other ethnic minorities—have been exposed to human rights violations as a direct result of the conflict between armed ethnic groups and the previous government. Crimes against the civilian population led to an atmosphere of fear and uncertainty. Women in particular suffered from systematic war crimes such as torture, rape and forced labour. Hundreds of thousands of people fled to Thailand and at least as many sought refuge within Myanmar.

WOUNDS OF WAR

There have been no excesses of violence since the ceasefire between the opponents in 2012, but the wounds of war are far from healed. Employment opportunities in Kayin State are limited and the inability of men to look after their families undermines their traditional roles. Many turn to alcohol out of frustration. Domestic violence against women is very common. Women are traumatised by war and by continuing violence. They struggle with growing food and doing housework, as well as with finding their place in the community. This leads to isolation, shame, anxiety, depression and psychosomatic symptoms. Young people also have difficulty in finding their place in the community. The negative effects of the ethnic conflict make it hard for them to benefit from political and economic reform in Myanmar. Hopelessness is widespread and young people see themselves as a “lost generation”.



Many of the participants—who are women—are struggling with the effects of trauma and suffering from stress and anxiety. Simple everyday tasks become Herculean. SAD and KWEG are using sport and play to give the women back some day-to-day normality. Not as direct therapy for the trauma, but to strengthen the women’s natural coping strategies. Through sport and play, the coaches create safe spaces, which make it easier for the participants to move away from their isolation. In competitions and group games, they regain trust in each other and in their own abilities.



SPORT AND PLAY AS A DRIVING FORCE

“Many women experience violence—particularly in the family,” says 38-year-old Mary Deena. She is a volunteer with the local Karen Women Empowerment Group (KWEG). She attended one of the workshops where SAD trained KWEG staff in the trauma-sensitive approach based on sport and play. Together with KWEG, SAD is working in seven Kayin villages. They offer sport and play activities for women and youth from the age of twelve. Sport and play acts as a driving force to bring together women and young people from different social classes. A safe space where the participants feel secure is created through play, traditional dance, and expressive arts. “The women are stressed and depressed, so the play activities are fun for them,” explains Mary Deena. On the playground, they get to know each other better and make friends. This makes it possible to talk about emotions, frustration and worries. Mary Deena says that this is extremely important because talking to each other helps the women to deal with problems. The facilitators also use playful team activities to teach the participants about trauma-awareness, stress management, coping strategies, and sexual and gender-based violence, as well as their rights. Through games, the women strengthen their practical everyday skills such as self-confidence, peaceful conflict resolution and teamwork.

ESTABLISH RULES TOGETHER

Mary Deena makes no secret of the fact that it is not always easy to lead the sessions. It is a challenge to keep the women’s discussions on track. “I need to learn better how to lead groups, because every woman talks about her day-to-day problems, and sometimes they argue.” In workshops, SAD provides the facilitators with practical support for coping with difficulties like these. They learn how to create safe spaces. For example, the groups work together to develop rules that are compulsory for participants. The idea is not to severely punish rule breaking but to promote a fair, respectful and playful group dynamic. The women can devise possible consequences themselves, for example singing a song or doing a funny dance.

ADAPTED TO THE LOCAL CONTEXT

One of the facilitators’ main jobs is to make connections between the sport and play activities and the subsequent discussions in which the participants share their thoughts and insights from the games. In the work-

500

participants in total

28

trained facilitators

7

villages

shops, the facilitators learn how to start and structure these group discussions. SAD’s handbook on trauma-sensitive use of sport and play provides them with the knowledge and structure. It explains everything the facilitators need to know about the topic and includes dozens of examples for sport and play activities. SAD works with the facilitators to adapt the content, in particular the games, to the local context.

RESTORING NORMALITY

The trauma-sensitive approach explicitly does not aim to act as trauma therapy. Rather people learn to deal with the effects of their trauma, thereby restoring some normality to their lives. Experiences of violence destroy people’s trust in their ability to deal with difficult situations. Through sport and play in a safe space with clear rules, people regain this basic trust in their own abilities. Not all traumatised people require psychosocial support. However, SAD and KWEG offer psychological support to those who need it on a case by case basis.



**ON THE PLAYGROUND,
THE WOMEN GET TO KNOW
EACH OTHER BETTER
AND MAKE FRIENDS. THIS
MAKES IT POSSIBLE
TO TALK ABOUT EMOTIONS,
FRUSTRATIONS AND
WORRIES.**

MARY DEENA, FACILITATOR «MOVING BEYOND TRAUMA»

In individual or group sessions, local counsellors provide the women and young people—and their families—with support tailored to their needs. If necessary, the participants receive legal support. SAD and KWEG are also carrying out awareness-raising work within the seven villages. Taboo topics such as mental health, trauma, stress-management and gender-based or sexual violence are dealt with at public events. Together, participants discuss how to approach the problems.

SET UP A SMALL BUSINESS

With the aim of using a holistic approach, SAD and KWEG target the women's economic problems. The participants have the opportunity to join together in a savings and loan group. With seed capital, they can develop their own small businesses and improve their income. Some of them wish to breed animals, and others sell vegetables. According to Mary Deena, the lack of money and food is a fundamental problem. "Some women have no regular income—they have nothing to eat and ask their neighbours. That's something they often talk about in the groups." That's why she began the weekly sessions in her village with the chance of a free meal. "But in the end, most of them came because of the games."



PROJECT

Moving Beyond Trauma—psychosocial health for women and children traumatised by war and other violence in Myanmar

DURATION

2017 – 2019

PARTNERS

Karen Women Empowerment Group;
Cartier Charitable Foundation, La Tour-de-Peilz (town)

OTHER PROJECTS

ACTIVE KINDERGARTENS

Playful early childhood development in Palestine

Children in conflict-plagued Palestine are growing up in difficult circumstances. Poor nutrition, corporal punishment and a lack of creative stimulation have a negative effect on their healthy development. That's why SAD is supporting kindergartens in developing an environment for learning where the child is the focus. We provide teaching staff with the necessary knowledge of playful teaching, for lessons where children can actively participate. Local organisation the Palestinian Happy Child Centre is also involved in implementing the project. They ensure that children with special needs, for example children with attention deficit hyperactivity disorder, can take part in the holistic education.



DURATION
2017 – 2018

PARTNERS
Palestinian Happy Child Centre (PHCC), the Canton of Bern



- 2017**
- Participative project planning: Selecting participating kindergartens and defining requirements
 - PHCC offered therapy sessions for children

CONTACT-CITOYENNETÉ

Promoting intercultural cooperation in Switzerland

“kontakt-citoyenneté” — a Migros Culture Percentage and Federal Commission on Migration programme — supports people with initiative who want to actively promote the coexistence of different cultures in Switzerland. The programme supports people with good project ideas both financially and with specialist knowledge. SAD is in charge of implementation and advises project groups on putting their ideas into practice.



DURATION
2011 – 2019

PARTNERS
“kontakt-citoyenneté” is a programme run by Migros Culture Percentage and the Federal Commission on Migration.



- 2017**
- Completing and evaluating the third round of “kontakt-citoyenneté” 2016/17
 - Launching the fourth round of “kontakt-citoyenneté” 2018/19

CONTACT-KIND.CH

Information portal on children and upbringing in Switzerland

What happens at a school parents' evening? I work full time—does childcare exist? Immigrant parents in Switzerland have no personal experience of the local school system and methods of bringing up children. “conTAKT-kind.ch” provides these parents with information on child development and early childhood development, as well as more general resources on children and upbringing. This Migros Culture Percentage project is aimed directly at parents and guardians, as well as advisers, parent groups and kindergarten staff. SAD organised the French translation of the website conTAKT-kind.ch: kontakt-enfance.ch.



DURATION
2016 – 2017

PARTNERS
“conTAKT-kind.ch” is a Migros Culture Percentage project.



- 2017**
- Translating and editing conTAKT-enfance.ch
 - Completing the website

CONTACT-NET.CH

Information on intercultural daily life in Switzerland

“conTAKT-net.ch—information on intercultural daily life”, a Migros Culture Percentage programme, create websites for municipalities, regions and cantons to provide practical, everyday information for people who are new to the area, whether they are from a migrant background or not. The information should help people find their feet and integrate into their new municipality with ease, as well as promoting the quality of multicultural coexistence. The information pages are useful for anybody who finds themselves in new circumstances. SAD is responsible for operational project management and helps municipalities with the collaborative development of their websites.



DURATION
Since 2013

PARTNERS
“conTAKT-net.ch” is a Migros Culture Percentage project.



- 2017**
- Implementing a website in the canton of Appenzell Ausserrhoden
 - Updating the model website, networking and acquisition

EMPOWERING YOUTH 4 BUSINESS

Young people found their own businesses in Myanmar

Despite the recent economic boom in Myanmar, many young people are still in a precarious position. Although they are well-educated, many struggle to assert themselves on the job market. SAD guides young men and women on the path to independence. On a three-month course, the youngsters develop their own business ideas and acquire business knowledge. The aim? To set themselves up as self-employed entrepreneurs and to create jobs.



DURATION
2015 – 2018

PARTNERS
Center for Vocational Training (CVT); Puma Energy Foundation, Canton of Bern, Hirschmann Foundation, Canton of St Gallen, Canton of Glarus, Rapperswil-Jona (town), Maur (municipality), Zollikon (municipality)



- 2017**
- Further development, and training of business coaches in various regions of Myanmar
 - Three-month courses on basic business skills for 332 future young entrepreneurs
 - Founding of 26 new businesses; optimisation of 36 existing businesses; promotion of 55 young people

HIGH-QUALITY EDUCATION IN ZIMBABWE

Playful lessons and environmental education for children

95 percent of the population of Zimbabwe is unemployed and agriculture has hit rock bottom in what was once the granary of Africa. Underfunding of the education system means that the quality of school teaching has severely decreased over the past few years. SAD supports 1,300 disadvantaged school children by training primary school teachers in playful, holistic teaching methods. SAD is also helping secondary school teachers to include sustainable agriculture and energy production in lessons. Through modern technology, the children learn not only how to use natural resources responsibly but also how to contribute to production of food and energy in their community.



DURATION
2017 – 2019

PARTNERS
Education Office of the Jesuit Province of Zimbabwe and Mozambique, Nürnberg Jesuit Mission, Canton of Bern, Leopold-Bachmann Foundation



- 2017**
- Development of the teaching concept for playful learning at primary school and sustainable energy production and agriculture at secondary school
 - Two facilities built for fish farming and cultivation of agricultural plants in secondary schools

LEARNING WITH FUN THROUGH SPORT AND PLAY

Non-formal education through sport and play in Myanmar

In Myanmar, more and more children drop out of school because their parents cannot afford the fees, or the children need to work themselves. Education 4 Youth (E4Y) and Hope for Shining Stars (H4SS–S4SK) meet the children's particular requirements with high-quality lessons. The teachers use sport and play to gently guide the children back to school. In continuing education classes, SAD equips the teaching staff with the tools they need to deliver varied lessons, as well as demonstrating alternatives to lecture-style teaching methods, which are still widespread.



DURATION
2016 – 2017

PARTNERS
Education 4 Youth (E4Y), Hope for Shining Stars (H4SS–S4SK), the Canton of Bern, Genthod (municipality), Lancy (town), Veyrier (town)



- 2017**
- Continuing education in playful teaching for 27 teachers
 - Lessons for 491 children and young people (37 of them began an apprenticeship or found a job, 13 started regular school and 349 are continuing their education with E4Y and H4SS–S4SK).

MOVE & IMPROVE

Early childhood development through sport and play in India

In rural areas and poor urban areas, members of India's lowest caste are particularly subject to exclusion and discrimination. Mirzapur, in south-eastern Uttar Pradesh is one such place. Child labour and a lack of educational facilities mean that a lot of children do not go to school. Together with the local Centre for Rural Education and Development Action, SAD has set up 50 early years centres in poor municipalities. In these centres, playful lessons teach children basic skills that are important for subsequent success at school and in life.



DURATION
2015 – 2018

PARTNERS
Centre for Rural Education and Development Action (CREDA), Canton of Basel-Stadt, Canton of Bern, Canton of Obwalden, U.W. Linsi-Stiftung



- 2017**
- 763 new children attended the centres (a total of 2,821 children have attended since the project began)
 - 643 moved on to regular school

SPORTANDDEV.ORG

International Platform on Sport and Development

With 15 years of experience, sportanddev.org is the go-to reference for the fast-growing sport and development sector. Around the world, the platform is the most important information centre and communications hub for actors and individuals with an interest in the field. Creating connections between people and sharing knowledge, sportanddev.org has made a massive contribution to developing the potential of sport in international development. Today, sport is a recognised tool for solving social problems, and is used for aims such as promoting peace, overcoming trauma and improving access to education. sportanddev.org was founded in November 2003 by SAD and has been operating since.



DURATION

Since 2003

PARTNERS

Australian Department of Foreign Affairs and Trade (DFAT), Commonwealth Secretariat, German Federal Ministry for Economic Cooperation and Development (BMZ, observer), Laureus Sport for Good Foundation, Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF), Reach Out to Asia (ROTA), Union of European Football Associations (UEFA)



2017

- Launching a programme for ambassadors from the world of sport—eight athletes so far
- Coordination role for the International Day of Sport for Development and Peace

STANDING ON MY OWN FEET

Vocational training for young people in Papua New Guinea

Despite, or perhaps because of, recent economic growth, Papua New Guinea has one of the highest income disparities in the Pacific. The result is an exodus from rural areas, extreme poverty, and high youth unemployment and criminality. In “Standing on My Own Feet”, SAD uses its experience from Egypt and Myanmar in vocational education and training young entrepreneurs. 600 young men and 200 young women, who are victims of drugs, criminality and sexual abuse are learning to stand on their own two feet again. On three-month courses, they receive vocational training and important basic knowledge for setting up their own microenterprises. The focus of the courses is the transfer of values and life skills.



DURATION

2017 – 2020

PARTNERS

City Mission in Port Moresby, PUMA Energy Foundation



2017

- Needs analysis regarding the vocational and entrepreneurship training
- Development of the M&E concept



WOMEN ON THE MOVE UGANDA

Psychosocial support for women and children in Uganda who have fled their homes

The conflict in South Sudan, combined with drought and famine, has forced many people to flee. In the refugee camps in northern Uganda, women and children in particular require psychosocial support. The Community Psychosocial Support Organisation (CPSO) and SAD have been working together closely to create safe spaces in which women and children can use sport and play to work through their traumatic experiences and develop new life skills. The women also receive support for improving their livelihoods. They save in groups and invest the money in their own small businesses.



DURATION

2017 – 2018

PARTNERS

Community Psychosocial Support Organisation (CPSO), Stiftung Kriegstrauma-Therapie, de Clivo Stiftung, Zug (town), Foundation Maria Theresia Scherer Ingenbohl



2017

- Creation of seven “safe spaces”
- Regular participation of 800 women and 400 children
- Psychosocial advice for over 50 people
- Awareness-raising events on topics such as trauma and sexual violence with a total of 500 participants

YOUTH INNOVATION FUND EGYPT

Independent rather than unemployed

SAD started the Youth Innovation Fund Egypt based on years of experience with youth research and promotion in the MENA region. The innovative approach helps unemployed young people to help themselves. They are empowered to start innovative, income-generating projects. The focus is on using local resources sustainably. The young people get experience of teamwork and taking responsibility, working on their own initiative and participating in civil society.



DURATION

2014 – 2017

PARTNERS

Alashanek ya Balady (AYB); U.W. Linsi-Stiftung, Foundation for the Third Millennium, Sawiris Foundation for Social Development (SFSD), Canton of Bern, Migros-Unterstützungsfonds, Paul-Schiller-Stiftung



2017

- 312 young entrepreneurs trained
- Start-up financing for 126 young people
- 128 teams coached to further develop their business models

PUBLICATIONS

HANDBOOK: PREVENTING SEXUAL VIOLENCE WITH SPORT AND PLAY

In Kenya, a very high number of women and girls are sexually assaulted. Abuse mainly occurs in poor areas where clear gender roles are the norm and where there is a lack of support structures for women and children. One such area is Kibera, the biggest slum in Nairobi. That's where the project “emPower my life!” teaches children about their rights and shows them how they should react in case of sexual violence. SAD has developed a handbook for the “emPower my life!” coaches. It supports them as they use play to teach children what they need to know about sexual abuse.



- Length: 98 pages
- Language: English

LEARNING WITH FUN THROUGH SPORT AND PLAY—A HANDBOOK

Lots of children in Myanmar can't go to school because their parents can't afford education. That's why SAD is running its proven, UNICEF-recognised education programme there. Teaching materials adapted to needs in Myanmar help local partner organisations Education for Youth (E4Y) and Hope for Shining Stars (H4SS—S4SK) as they teach their non-formal classes. Thanks to playful lessons, the children enjoy learning and are given an incentive to go to school. SAD's handbook provides the teaching staff with easy to understand guidelines for sport and play based lessons.



- Length: 123 pages
- Language: English

IMPLEMENTING INNOVATIVE BUSINESS IDEAS SUSTAINABLY

SAD started the “Youth Innovation Fund Egypt” based on years of experience with youth research and promotion in the MENA region. The innovative approach helps unemployed young people to help themselves, empowering them to start forward-thinking, income-generating projects by themselves. The handbook guides the future entrepreneurs as they put their business ideas into action, and presents strategies for implementing them sustainably.



- Length: 238 pages
- Languages: English

EMPOWERING YOUTH 4 BUSINESS IN MYANMAR: GUIDELINES FOR PLAY-BASED TEACHING

Even with a good education, many young people in Myanmar are unemployed. The economic boom in recent years has barely improved the precarious job market. Together with the Centre for Vocational Training (CVT), SAD is paving the way for young entrepreneurs to become independent. In customised classes and through mentoring, they acquire the necessary skills for making their business ideas reality. The guidelines help the coaches to promote active learning in their lessons. Through playful activities, debates and role-play, the young people directly apply what they have learnt. The interactive learning process promotes more in-depth engagement with the theory, and makes it easier to bridge the gap between theory and practice.



- Length: 114 pages
- Language: English

BALANCE SHEET

	31.12.17 CHF	31.12.16 CHF
ASSETS		
CURRENT ASSETS		
Cash and cash equivalents	942,760	1,061,350
Trade receivables	6,092	119,538
Other receivables	4,907	7,286
Accruals and deferred expenses	260,701	1,480
TOTAL CURRENT ASSETS	1,214,459	1,189,654
FIXED ASSETS	3	3
TOTAL ASSETS	1,214,462	1,189,657
EQUITY AND LIABILITIES		
CURRENT LIABILITIES		
Trade payables	5,851	4,573
Other payables	7,091	17,298
Accruals	216,638	53,225
TOTAL CURRENT LIABILITIES	229,581	75,096
FUNDS (APPROPRIATED FUNDS)	663,700	804,000
EQUITY		
Paid-in capital	107,000	107,000
Free capital	179,181	168,561
Tied capital	35,000	35,000
TOTAL EQUITY	321,181	310,561
TOTAL EQUITY AND LIABILITIES	1,214,462	1,189,657

PROFIT AND LOSS ACCOUNT

	2017 CHF	2016 CHF
INCOME		
Public-sector contributions (earmarked)	249,000	258,000
Grants (earmarked)	985,628	1,059,082
Service revenues (earmarked)	82,012	196,018
Contribution of host city Biel	66,996	66,996
Other income	14,264	4,361
TOTAL INCOME	1,397,900	1,584,457
DIRECT PROJECT EXPENSES	577,952	556,497
PERSONNEL EXPENSES		
Wages and salaries	639,996	721,635
Social security costs	104,602	119,813
Other personnel expenses	27,078	20,832
TOTAL PERSONALAUFWAND	771,676	862,279
OPERATING EXPENSES		
Building costs	120,501	120,748
Repairs and maintenance	22,641	12,691
Depreciation fixed assets	0	6,400
Insurance fees, levies	6,006	3,702
Administration	17,177	22,132
Public relations	11,351	32,080
TOTAL OPERATING EXPENSES	177,676	197,754
OPERATING RESULT	-129,404	-32,074
FINANCIAL RESULT		
Financial income	325	325
Financial expenses	-601	-2,488
TOTAL FINANCIAL RESULT	-276	-2,163
EXTRAORDINARY EXPENSES (REPAYMENT)	0	-100,000
RESULT BEFORE CHANGES IN FUNDS	-129,680	-134,237
Changes in appropriated funds	140,300	133,000
ANNUAL RESULT BEFORE USE OF ORGANISATION,S CAPITAL	10,620	-1,237
CHANGES FIXED CAPITAL	0	5,000
SURPLUS	10,620	3,763

NOTES ON THE ANNUAL FINANCIAL STATEMENT

SAD's annual financial statement for the 2017 reporting period shows revenue of CHF 1,397,900. The account closed with a revenue surplus of CHF 10,620. This has been added to the free reserves.

STATEMENT OF OPERATIONS

Revenue is comprised of project contributions of CHF 1,316,640, the contribution of the host city, Biel / Bienne, donations that are not tied to specific projects and other revenue. Regarding expenses, CHF 577,952 was allocated to direct project costs. Fundraising expenses in line with ZEWO reporting requirements were 7.0 percent; administration expenses were 5.7 percent, both of total expenditure.

BALANCE SHEET

The assets line of CHF 1,214,459 is comprised of funds held in cash, in postal accounts and in bank accounts, as well as receivables, accrued income and prepaid expenses. The depreciated residual value of the IT infrastructure was written off in full already in 2016. This means no more fixed assets are reported. The assets are balanced by trade payables and other current payables, as well as passive accruals amounting to

CHF 229,581 and contributions of CHF 663,700 that are tied to specific projects. This is the result of project work that has not yet been carried out. There are no further liabilities.

NUMBER OF STAFF

In 2017, SAD had an average of 7.1 full-time positions.

UNPAID WORK

In 2017, the members of SAD's Foundation Board worked unpaid for around 470 hours.

AUDIT AND APPROVAL BY THE FOUNDATION BOARD

The 2017 accounts were prepared in accordance with the Swiss GAAP FER (Core-FER and FER 21) recommendations for charitable organisations. They were audited by the auditing firm BDO AG and approved by the Foundation Board on 27 March 2018. SAD can provide a copy of the audit report on request.

IMPACT 2017



6,200 CHILDREN AND YOUNG PEOPLE

6,200 children, young people and women participated in SAD projects in 2017. 220 coaches were trained in the sport and play-based approach, and 420,000 people visited the knowledge and exchange platform sportanddev.org.



14 PROJECTS

In 2017, SAD carried out 14 projects around the world, focused on the key areas of health, education and employment. We have also received various impact evaluation mandates.



1,100 ARTICLES PUBLISHED

SAD promotes the exchange of knowledge, mutual learning and sharing of best practice. In 2017, over 1,100 articles on sport and development were published on sportanddev.org. We also published four handbooks related to our projects, on sport and play-based methods, which are freely available on our website.



EFFICIENT USE OF FUNDS

SAD uses donations efficiently. In 2017, the proportion used directly in projects increased by a further two percent to 87.3 percent. With 5.7 percent of expenditure for administration and 7 percent for fundraising, we are clearly below the Swiss average.



DIRECT COOPERATION

SAD carries out projects together with local organisations. In 2017, we worked with 12 international partners. Participative project planning, targeted sharing of specialist knowledge and support for development of organisations means local organisations can assume more responsibility.



SPOTTING TRENDS, SETTING TRENDS

As an innovative organisation, SAD is ideal for exciting developments. With our focus on sport and play, we were early adopters of what is now an established area of international cooperation. In 2017, we included modern trends in our projects, such as innovative aquaponics—an environmentally sustainable system for breeding fish and growing plants.

THANK YOU

WE WOULD LIKE TO THANK OUR PARTNERS FOR THEIR FINANCIAL COMMITMENT. IT IS THEIR GENEROUS SUPPORT THAT MAKES OUR WORK POSSIBLE.*

FEDERAL GOVERNMENT, CANTONS AND MUNICIPALITIES: Federal Commission on Migration (FCM) · Municipality of Genthod · Municipality of Maur · Municipality of Zollikon · Canton of Aargau · Canton of Basel-Stadt · Canton of Bern · Canton of Glarus · Canton of Obwalden · Canton of St. Gallen · Biel/Bienne (town) · Lancy (town) · Rapperswil-Jona (town) · Veyrier (town) · Zug (town) · La Tour-de-Peilz (town) · **GOVERNMENTS:** Australian Department of Foreign Affairs and Trade (DFAT) · German Federal Ministry for Economic Cooperation and Development (BMZ) · **FOUNDATIONS:** Cartier Charitable Foundation · De Clivo Stiftung · Hirschmann Stiftung · Leopold Bachmann Stiftung · Laureus Sport for Good Foundation · Paul Schiller Stiftung · Puma Energy Foundation · Reach Out to Asia (ROTA) · Foundation for the Third Millennium · Stiftung Kriegstrauma-Therapie · Stiftung Maria Theresia Scherer Ingenbohl · Symphysis · U.W. Linsi-Stiftung · **BUSINESSES:** Migros-Unterstützungsfonds · Migros Culture Percentage · **INTERNATIONAL ORGANISATIONS AND NGOS:** Commonwealth Secretariat · International Labour Organization (ILO) / Taqueem Council on Evaluation for Youth Employment · Nürnberg Jesuit Mission · Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF) · Union of European Football Associations (UEFA) · **IMPLEMENTATION PARTNERS:** Alashanek ya Balady (AYB) · Education Office of the Jesuit Province of Zimbabwe · Centre for Rural Education and Development Action (CREDA) · Center for

Vocational Training Myanmar (CVT) · City Mission Port Moresby · Community Psychosocial Support Organisation (CPSO) · Education 4 Youth (E4Y) · Hope for Shining Stars (H4SS–S4SK) · Karen Women Empowerment Group (KWEG) · Palestinian Happy Child Centre (PHCC) · Sadieli Oval Sports Academy · Sawiris Foundation for Social Development (SFSD) · Zunzún · **NETWORKS:** Centre for Peacebuilding (KOFF) · Commission for Research Partnership with Developing Countries (KFPE) · International Safeguarding Children in Sport Working Group · Permanent Consultative Council (PCC) to UNESCO's Intergovernmental Committee for Physical Education and Sport (CIGEPS) · proFonds—The umbrella organisation for philanthropic organisations in Switzerland · Schweizer Netzwerk für Bildung und internationale Zusammenarbeit (RECI) · Swiss Institute for Research on Management of Associations, Foundations and Co-operatives (VMI) · Wirtschaftskammer Biel-Seeland

* Donors who made a contribution of CHF 1,000 or more are listed.

“Working with SAD as a partner was a positive experience. We share the same vision in terms of ‘education for all’. We are looking forward to working together for children with special needs in Palestine in the future.”

**DR JUMANA H. ODEH, DIRECTOR GENERAL
PALESTINIAN HAPPY CHILD CENTRE**

“Thanks to SAD’s training, our staff have the specialist knowledge to provide the traumatised women with the best support. That’s one of the reasons why participants refer to the project as ‘the light at the end of the tunnel’.”

**NAW THET THET HTUN, DIRECTOR
KAREN WOMEN EMPOWERMENT GROUP**



THANKS TO SAD’S TRAINING, OUR STAFF HAVE THE SPECIALIST KNOWLEDGE TO PROVIDE THE TRAUMATISED WOMEN WITH THE BEST SUPPORT.

NAW THET THET HTUN, DIRECTOR KAREN WOMEN EMPOWERMENT GROUP

ABOUT SAD



FOUNDATION BOARD

DR ERNST SCHLÄPFER

Neuhausen · President of the Foundation Board · Rector of the Berufsbildungszentrums des Kantons Schaffhausen (centre for vocational education and training in the Canton of Schaffhausen) · Board member since 2016

REGINA BÜHLMANN

Bern · Vice President of the Foundation Board · Responsible for migration issues at the Swiss conference of cantonal education directors · Board member since 2008

PIUS BETSCHART

Bern · Former head of Asylum at the State Secretariat for Migration (SEM) · Board member since 2017

SUSANNE BRUNNER

Zurich · Economiesuisse Delegate in Bern, Head of Federal Affairs · Board member since 2014

MARTIN FÄSSLER

Zurich · Former Chief of Staff and member of the board of directors of the Swiss Agency for Development and Cooperation (SDC) · Board member since 2014

FRANZ-XAVER HIESTAND SJ

Zurich · Student Counsellor at the ETH Zurich, the University of Zurich and Zurich University of Applied Sciences · Board member since 2003

ANDREAS KISSLING

Merenschwand · Head IT Sika Group · Board member since 2006

JULIEN STEINER

Biel/Bienne · Town Vice Chancellor · Board member since 2013

RAPHAEL WIDMER

Zumikon · CFO Stadler Rail AG · Board member since 2014

URS ZISWILER

Zurich · Former Swiss Ambassador and Head of Political Division IV of the Federal Department of Foreign Affairs (FDFA) · Board member since 2014

SCIENTIFIC BOARD

PROF. SANDRO CATTACIN

Professor of Sociology at the University of Geneva (CH) · Settlement policy, social and health policy, economic sociology, migration policy and mesosociology

PROF. JEAN-LOUP CHAPPELET

Professor at the Swiss Graduate School of Public Administration (IDHEAP), Lausanne (CH) · Sport management and sport policy

PROF. FRED COALTER

Visiting Professor at the Free University of Brussels (BE) and Visiting Professor at Leeds Metropolitan University · Sport sociology, leisure research

PROF. GUDRUN DOLL-TEPPER

Professor of Inclusive Education, Movement and Sport at the Freie Universität Berlin (DE); Vice President of the German Olympic Committee (DOSB); Member of the “Women and Sport” IOC Commission · Inclusive education, movement and sport

PROF. RICHARD GIULIANOTTI

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PROF. UMBERTO MELOTTI

Professor emeritus of Political Sociology at La Sapienza University, Rome (IT) · Political sociology, cultural anthropology, globalisation and migration

PROF. PARVIZ PIRAN

Professor at the Department of Social Research of the Allameh Tabataba'i University and Visiting Professor at the School of Architecture and Urban Planning of the Shahid Beheshti University, Tehran (IR) · Urban development, community development, governance, participation and research methods

DR ALBRECHT SCHNABEL

Senior Research Fellow at the Geneva Centre for the Democratic Control of Armed Forces (DCAF), Geneva (CH) · Conflict research and prevention, peace-building

HEAD OFFICE

MARC PROBST

Executive Director,
Programme Director

DANIEL MATTER

Member of the Management Team,
Programme Director
(until 20.04.2017)

PABLO LO MORO

Member of the Management Team,
Programme Director
(from 01.06.2017)

ANNA COENDET

Project Manager

PAUL HUNT

Project Manager

MALIKA KONS

Project Manager

NADIA DELIA LANFRANCHI

Public Relations Manager

BRIGITTE PADROCK

Finance and Administration

DR DIRK STEUERWALD

Project Manager

SARAH VÖGTLI

Project Officer
(01.06.2017 until 31.12.2017)

DR KATHLEEN WOODHOUSE-LEDERMANN

Senior Project Officer

INTERNS

Hélène Bennès
Giovanna del Drago
Eddis Duah Tuffour
Sara Nasr Allah
Carrie Oillaux
Lucas Perler
Francesca Tettamanzi
Bikram Lath
Sarah Vögtli

During the reporting period, Pius Betschart was elected to SAD's foundation board. We are looking forward to working together. After many years of dedication, Herbert Ammann and Toni Frisch stepped down from the foundation board. We would like to thank them for their hard work and commitment. Pablo Lo Moro joined head office. Sarah Vögtli supported us for six months in 2017 as a project manager. After working together for many years, we had to say goodbye to our valued programme director Daniel Matter. We would like to thank them both for their commitment and hard work. As in previous years, several interns gained valuable experience whilst working with us at SAD. We would like to take this opportunity to thank them once again for their hard work and support. We would like to extend special thanks to Maria and Antonio Aloisi and André Vuille, whose valuable input ensures we have a comfortable working atmosphere.

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HEALTH, EDUCATION
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SPORT AND PLAY

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