

NORWAY CUP PROJECT REPORT
KICKING AIDS OUT ZAMBIA
Edgar Musonda – For Breakthrough Sports

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PREPARATIONS

The preparation for the trip included, passports, VISA, Kicking Aids Out activities and Cultural dance, Insurance, Yellow fever vaccinations, General medical check up and presentations on the township and Zambia.

The preparation for passport took long to start. One of the reasons was that we did not have the money yet for payment. Once the money was available. We managed to have fourteen children interviewed. The two last children had problems with their parents documents. One of the boy, Banda Joseph has lost both his parents. The children managed to get their passports by 13th of July, 2004. The leaders in full charge of the passports where Edgar Musonda, Shadreck Jere and Phoebe Silabo. Shadreck was the lead contact person.

Phoebe Silabo was in charge of the VISA for the group. We did not manage to apply for the VISA on time to the embassy due to passports and insurance not done on time. Phoebe Silabo managed to speak with the secretary at the embassy on why we where delayed.

KICKING AIDS OUT ACTIVITIES IN ZAMBIA

Kicking Aids Out activities where done every Saturday. The boys practiced their activities at Northmead basic school from 09:00hrs to 10:00hrs.

The boys where trained by Edgar Musonda, a level 1 Kicking Aids Out trainer. The boys where trained on infection, prevention and activities related to Infection and prevention. The KAO activities where not very new to them as they received training during the KAO qualifying tournaments in their community from April to 1st May, 2004. Most of the activities where a follow up to the activities they had in the qualify stages.

The evaluation I had as a trainer where that, Most children could not read from the manual of Junior peer leaders, We had to all go through the activities in Local language. The children also could not understand the different modes on transmission such as Kissing someone with a cut in the mouth. They managed to understand infection and prevention part when explained in local language. The most important things were for them to understand the principals of prevention and infection and to able to teach their fellow peers about Infection and prevention using soccer skills or games.

The cultural activities where the most enjoyed component of the preparation. They practiced 8 songs and focused on 6 by the final preparation phase. The children had more fun in doing KAO songs, which they composed. Partly because they could all sing and dance together. We prepared songs from different tribes Zambia, such as Lozi, Lunda, Tonga, Bemba and Ngoni.

Insurance.

The insurance was done by 14th of July, 2004. Shadreck was in charge of the insurance and did a good job to find a cheap insurance company.

Yellow fever Vaccination and general medical check up was arranged Ms Mathilda Mwaba. Shadreck Jere and Coach Malanga Mposha took all the children for medical check up and vaccination and the Military Hospital. All children where fit to play and travel.

TRAVEL,

Travel arrangements where quiet on time, although we did not have money to pay on time to the travel company. All tickets where booked and only one change was made on the team which was traveling. The change was on Mfula Chilufya who was left due to a knee injury which he has since he was 12 years old. We discussed with the coaches and reached a conclusion that we do not have to risk his leg as he does not always manage to play more than three games. He was informed together with the parents about the decision.

The actual travel was very good. It was a big experience for the children and the coach to fly. Most of the children it was the first time to go out of the township.

Transport within Norway was good although we had to leave ekberg, the venue for the tournament very late to Homlia Skole, the place where we where staying. It took us one hour when the train was running after an hour from the Central main station to Homlia.

The biggest challenge was sleeping late and waking up very early to prepare for breakfast and going to the train station. For most children it was becoming stressful and they developed some illness related to lack of sleep and being tired.

The tournament (Norway Cup)

The Norway cup was the biggest tournament the team has ever been to. We were all amazed on the number of people at the tournament and the good organization. Some of the other positive and new things the children noted were;

- A lot of volunteers wearing yellow and very helpful, especially when we were trying to find information and during lunch and dinner
- A lot of competitions on other stands such as the Coca Cola stand, the boys always had something to do before or after the matches.
- Managed to make friends with other team players from Norway and other countries. The boys' biggest friends highlight was making friends with a team from Norway (Stavanger and Haugesund), Brazil and Nigeria.
- Being able to buy extra food from their pocket money
- Being supported and supporting the friendship team
- Seeing many girls compete in the tournament
- Seeing fair play and true play

KAO activities and presentations

The KAO activities during the Norway cup were not very well coordinated. It was difficult for us to prepare for the activities. The challenges we faced were as follows;

- Lack of specific time on the schedule when we (Kicking AIDS Out Zambia) were supposed to do the activities.
- No pre-communication to our team leader on any changes towards the KAO program on the stand
- We had to sit at the stand for a long time to wait on the decision on who would do the KAO activities, most time we did not get the information

✓ **Food**

The food at the Norway cup was well organized. The only challenge was that most children did not enjoy eating cold foods, especially bread. They found it hard to eat bread twice or three times a day. Other types of food were great and they enjoyed eating it, especially with meat.

The most enjoyed food was with the host team in Haugsand. Our host team, Vard prepared very good meals including the traditional meal called Kumla, and a braai.

✓ **Host team**

Our host team, Vard was the most friendly group of Norwegians we met. They tried their best to make sure that we were comfortable and enjoying the short stay. Our most memorable time in Haugsand was as follows;

- the boat cruise and fishing trip
- the traditional meal
- African dance performance
- Braai
- Test of the shrimps

- Performing Kicking Aids Out activities.
- Donations of clothes, football jerseys, shoes for the players and family
- Meeting the mayor
- To be on TV
- Visits to the homes of the host team
- Swimming and feeding the birds at the dam
- Playing volleyball and soccer

Kicking Aids Out

As a leader level one trainer, I trained the under 14 boys in the Kicking Aids Out activities. We prepared the activities every Friday afternoon. The focus of the training was on infection and prevention. The teaching was carried on two levels.

The boys had a theoretical program for one hour on each of the KAO component and then later they went on practical KAO activities. The principal was for them to understand how HIV can be transmitted by discussing and then later use their knowledge to practical activity on infection.

Success

The children managed to understand how infection occurs, particularly when we used the game of Opportunistic Infections (Chimbwi in Zambia)

- ✓ The children had a research on how infection occurs. They managed to ask teachers and parents
- ✓ Children discussed in groups and the HIV and AIDS. Later brought ideas written on paper. Food

Challenges during Norway Cup

Apart from children taking time to adopt to the food and sleeping late and having to wake up early. Some of the challenges were among us as leaders Some of them are as follows'

▪ Late communication

Communication challenges was the biggest one, we either did not care to communicate well ahead of time or we were just too busy to communicate. The boys required to be communicated to well to help them prepare for activities outside playing soccer. Less initiative was done to find out more information about the activities

▪ Lack of daily evaluations

As team leaders we did not strategize very well for any short comings. If we had some time to evaluate ourselves, we could have dealt with own short comings, we did not do so and this lead to conflict among us. We did not settle challenges as a team and we only had to talk about them with other people who we either looked for support for what we thought went wrong, there by not trusting each other to handle our own problems.

Basically we did not have a lot daily evaluation meetings to see what went wrong and right, and plan for the next day

- Issues involving leaders where not discussed within a group to find solutions but where discussed with other people, making issues more complicated.
- Difference in understanding how we should react to situations outside our team. An example was when a referee did not give a penalty and we where divided on how to deal with the situation. Others got angry and bad words where said, and the others thought it was not good for the children to hear such words from the leaders. This lead to deep communication problem. We surely have to show fair play to a referee even if something has gone wrong. The simple disciplinary code for the players should not have been broken by anyone, even if it was leader. It helps for the good of sportsmanship.
- Openness on items given for the team. We where not given true information coming from the organizers, especially on items given to the team, which was kept as personal. We had at one point trouble to get our uniform to the laundry, we where given an adidas bag which was said to have been bought, unlike other team who received the some equipment, they had surrendered the bag to the team.

Return to Zambia

Our return to Zambia was what the children were looking forward to. They where looking forward to see their families, friends and for some to go back to school. We had our flight from Oslo to London, to Johannesburg and finally Lusaka. The flight was really interesting, the boys where more excited and where much more free to speak, walk around and sometimes they where pretending to be traveling in a local minibus in Zambia.

The only disappointing thing which we experienced was that we lost 7 pieces of language when we arrived at the Lusaka international airport, we managed to receive 7 pieces and we are still waiting for our claim to be approved by South African Airways for a refund.

Norway Cup project – Zambia

The Kicking Aids out project was designed to end in October. During our evening for the future in Norway, we had planned for various projects to be done and implemented in Zambia.

The plans where as Follows

- To carry out trainers of trainers for Kicking Aids Out within our communities
- To clear a nearby bush for a new soccer ground for under 10 and the new girls team
- To coach under 10 and girls teams

- To prepare a community Kicking Aids Out festival for under 10, under, 12 and under 14

The plans we made in Norway had to be adjusted. The reason was that we had to allow the boys to go on a break as soon as we came back and we had to allow some boys where writing their final exams to go on a break from active participation of the program.

The trainers of trainers was done in two phases. The first phase was to recruit the youths from as least four sports youth Clubs and then phase two was to organize and event where they would practically see there friends plan and implement an event. The 10 youths then underwent a simple trainer of trainers workshop which focused on the KAO activities of movement games which the boys learnt from the KAO workshops they had on 1st of May, 2004 during the qualifying tournament to Norway cup. The other workshop was done during the preparation activities for the Norway cup. The Coach, Malanga Mposha was the helping facilitate the activities.

The clearing of the Bush for the soccer ground has helped us to accommodate the new girls team and the under 10 boys. The clearing of the ground took us two months to clear the bush. The challenge we had was that we did not have appropriate tools for the hard ground and there where dangerous snakes which needed to be cleared off before young boys and girls could start working.

We received support from NGOs such as Right To Play who came to work with the children from the community.

The KAO ambassadors had been able to recruit and train young players under 10 years. The boys went into schools and their own community to register players. The only challenge for that process was that some children are not used to go out and play and it was new to them to be recruited to play soccer.

We decided to change the approach and we organized an under 10, 5 Aside soccer tournament which attracted many boys and a few girls. We had about 38 boys and 6 girls.

The training of the boys and girls was started in the Month of September. The KAO ambassadors where given a team each. They under went a small coaching workshop to help understand the needs of the young players. They where also given a mentor coach who provided help for the young coaches.

Results

- Not all the boys enjoyed coaching, we eventually told all the coaches to understand that they where not obliged to coach, but they could always help when they had the time.
- The coaches who continued had organized a 3-day training program for the children.
- More children has regular training and regular games
- New teams have sprung up through friendly games organized within the community
- New community coaches have offered to help coaching
- Parents are encouraging their children to participate in sports activities.

- The KAO ambassadors organized a tournament attracting about 16 teams. The soccer ground was divided into 8 mini grounds for the 5aside tournament.

The 3 day community Kicking Aids Out festival was the most interesting part of the tournament. The boys planned and organized a very good tournament together with the senior coaches. The event had under 10 5Aside, under 12 7Aside, Under 14 and under 16 boys and girls. The boys also invited 8 other teams from the community of which three were new teams.

The Kicking Aids Out workshops were done on each day by Edgar Musonda and the boys who demonstrated some KAO activities on infection and prevention.

The children appreciated the activities through clapping and also encouraging words. The feedback showed that the boys delivered the information quite well.

Conclusion

The year 2004 was a successful year for the community project. We have been depending on the support from the community, especially the parents. We are very hopeful they will continue as long as we serve the community sports needs. The Norway cup project has helped us not just to go to Norway and play soccer but also to learn new things such as volunteering towards the Norway cup by Norwegians and also volunteering to build a sports hall by our host team Vard. These were valuable lessons especially for the boys who later used that kind of experience to volunteer coaching, organizing their own tournament and clearing of the bush for a new soccer ground.

We thank the Norway Cup organizers, NIF, Kicking Aids Out Zambia, Shadreck Jere and Phobie Silabo for the effort towards our trip to Norway.