



International Pierre de Coubertin Committee (CIPC)

and

Foundation for Sport, Development and Peace (FSDP)

1st African Pierre de Coubertin Youth Forum

15th – 21th September 2018 in Cape Town (South Africa)

Introduction of the programme

The International Pierre de Coubertin Committee (CIPC) in collaboration with the South African Pierre de Coubertin Committee (SAPCC) organised the **1st African Youth Forum** on Robben Island, Cape Town, South Africa, 15-21 September 2018 in honour of Nelson Mandela's Centenary.

The host was the Foundation for Sport, Development and Peace (FSDP).

Schools were requested to nominate **two students and one teacher** to represent their school. 20 delegations from several African Countries were expected to attend the Forum. Participating students were **between the ages of 16 and 18**.

The Forum site was Robben Island, which is very special as it is a former prison where Nelson Mandela was held for 18 years, and today the Robben Island Museum and National Heritage Site where all participants were hosted under one roof.

The South Africa Pierre de Coubertin Committee under the Foundation for Sport, Development and Peace is an active member of the International Pierre de Coubertin

Committee since 2017 and is very successful in spreading and promoting exemplarily the Olympic ideals and universal values formulated by Pierre de Coubertin as well as Nelson Mandela. Having been the organiser and trainer of OVEP trainings in its region the Foundation Board members are well-experienced in Olympic education.

The participants of our 1st African Coubertin Youth Forum not only had the chance to visit South Africa and to learn more about the country's role in Sport and Peace and its first democratically elected President Nelson Mandela, they were also be able to meet and create friendships with the young people from the continent and locally.

The motto of the 1st African Youth Forum was *"The Power of Sport and Peace: Be the Legacy in Sport and Life"*.

Description of the programme

Purpose and outcomes of the programme

The programme provided introductory knowledge and leadership skills required by participants for their role as change agents in their schools and communities.

The programme aimed to enhance leadership skills through the Olympic and Paralympic values and the philosophies of Pierre de Coubertin and Nelson Mandela. 20 Delegations were invited from the continent and locally and in addition to meeting and building strong bonds between young people on the continent, South Africa being a very unequal society, the purpose was also to bring together youth from different communities in the broader Cape Town area to empower them to be change agents in their schools and communities.

Programme Outcomes: Participants who completed the programme should be able to:

- Be familiar with the Olympic values;
- Be familiar with the leadership characteristics of Pierre de Coubertin and Nelson Mandela;
- Be aware of personal responsibility;
- Understand their roles in relation to others;
- Understand the impact of those roles and responsibilities on the self and others;
- Understand strengths and weakness of the self;
- Build relationships across communities;

Participants of the programme

Participants were from 6 countries namely South Africa, Malawi, Lesotho, Zimbabwe, Namibia and Mauritius. The South African participants were from the broader Cape Town area as well as outside of Cape Town, Vredendal on the West Coast and Beaufort West in the Karoo

Below is a comprehensive list of learners, accompanying teachers/coaches, organisers, facilitators and volunteers.

School/country	Teacher	Learners
Rosendal High	Mr S Silver	Wade dongeni Nadine Lehman
Iqrah Academy	Mr Gondo	Mogamat Salum Salum Mogamat Zaakier Julies
Beauvillon Secondary	Claudius Vyvers	Abigail cambamba Chesre Booysen
Delft Tech High	Seipati Pitikoe	Charles mandefu Qtania Jacobs
Delft/Zimbabwe	Kudakwase Chizema	Natasha Murove Shinhisai Avril Samupidi
Beaufort West	Ricky Dennis Prins	Parsley Joshua Deaven Fielies Merisha Frans
Caitlin Jordan Found.	Linda Afrika Peters	Keisha Demas McKyla Fennie
Simuney High	Ms Godliness	Nneoma Mbangu Sylvester Damian
Mountview High	Shafik Marnewick	Eyrees Solomons
Manzomthombo SSS	Mr Matozi	Slindokuhle Mtomzeli Kwezi Gwele
Groote Schuur High	Gavin du Plessis	Sabrina Scholtz Saud Bassier
Monorgan House Namibia		Mocks Mbako

Best College	Mrs Desiree Da Silva	Tjeripo Njembo Goodwin Musuku Tanaka Shoniwa
Vredendal High	Florence Filton	Lucrecia Beukes Samone de Wee
Mauritius	Aryawattee Boolauky	Velakshvi Putteeraj Luc Thierry Alexandre Chetanand Goboodun
Lesotho	Mathabiso Hlakane	Reatile Molefe Tsepo Tikiso
Malawi	Samuel Matsimbe	Emmanuel Joseph eunice Michembo
Zimbabwe	Kudzai Chasara	Aunt Gavaza Israel Wayne Chambwera
Volunteers	Faris Jacobs Thandi Lees Faatimah Majiet Alicia Heyman	
Organisers/Facilitators	Innes Niklaus Marion Keim Lees Jasmina Majiet Nariman Laattoe Vanessa Mitchell Violet Adonis Warren Lucas	

Programme design and delivery

The programme ran over a total duration of 5 days, including a day of sight-seeing and attendance at the 5th International Peace Conference. The camp activities utilised the extensive facilities and the natural environment of the Robben Island Museum.

Contents of the programme:

Programme delivery included participatory group activities, dialogue and reflection. The sessions conducted were very participatory and fun, including a lot of practical activities, group work and discussions.

The contents of the programme was as follows:

Time	Activity	
	Saturday, 15th September 2018	Violet, Jasmina, Nariman
	Arrival, Dinner	Violet, Jasmina, Nariman
Sunday, 16th September 2018		
07:00	Breakfast	Violet, Jasmina
08:00	Leave for Waterfront (International/out of town participants) SA Schools meet at Robben Island Gateway	Violet, Jasmina Nariman
09:00	Boat to Robben island	All
10:00	Arrive Robben island	All
10:00-11:30	Allocation of rooms and refreshments	All
11.30-13.00	Informal meeting with participants, Icebreakers and activities to get to know each other	Violet, Jasmina
13.00-14.00	Lunch	
14:00-15h30	Opening ceremony: introduction of the participating schools. Speakers – Dr. Ines Nikolaus and Dr. Marion Keim	Ines, Marion
16h00-17h30	Isivivani and visit of the prison and Island	Vanessa
18:30	Dinner	
20:00	Facilitators meeting – discussing the events of the following day.	All
20:00 – 22:00	Social evening	Warren
22:00	Bedtime	
Monday, 17 September 2018		
07:00	Morning Physical Activity	Warren
08:00	Breakfast	
9.00-13:00	Arts workshops (beading). Painting of the flags.	Mr James Jasmina, Nariman
13:00	Lunch	
14:00-15:30	Improving your sporting abilities: Paralympic sports and games. Participants design their own games	Vanessa
16:00-17:00	Group discussions: Leadership. Research project on Mandela and Pierre de Coubertin	Nariman, Jasmina
18:00-19.00	Dinner	
19:30	Mini-Expo –An item representing their school or country	Jasmina/Nariman
20:30	Facilitators meeting	
20.30	Games and activities	Warren
22:00	Bedtime	

Tuesday, 18 September		
07:00	Morning Physical Activity.	Warren
08:00	Breakfast	
9.00-13:00	Knowledge Hunt: Sport: Skipping, soccer, running and Indigenous games.	Vanessa (All)
13:00	Lunch	
14:00-15:30	Group discussions: Olympic Values: Research project; Isivivani	(All) Vanessa
16:00-17:00	Knowledge test (Board game)	Nariman, Jasmina
18:00-19.00	Dinner	
19:30	Movie night – Long walk to Freedom or screening of Invictus: this changed to leadership discussions with the group around the establishment of a youth network.	Nariman, Jasmina
20:30	Facilitators meeting.	
22:00	Bedtime	
Wednesday, 19 September		
07:00	Morning Physical Activity	All
08:00	Breakfast	
10:00	Departure to Cape Town	
11.15	Arrive Waterfront: Hop-on-hop-off sightseeing tour	Nariman
15.30	Arrive back at Robben Island	
16.30	Depart Waterfront to Shalimar Gardens	Violet, Jasmina
18.30	Dinner	Shalimar Gardens
19:30	Activities with heritage game participants	Warren
Thursday 20 September		
06:00-07.15	Breakfast and pack for Cape Town	
9.00-17:00	Cape Town International Sport and Peace conference	Nariman, Jasmina
18.00-20.00	Dinner, Awards	Marion
20.00	Cape Town groups depart. Out-of town/country groups - check in Never@Home	Jasmina, Nariman, Violet
Friday, 21 September		
08:00	Breakfast	Nariman, Jasmina, Violet
	Departure	Nariman, Jasmina, Violet

Assessment of participants

Assessments were conducted during sessions and participants also completed a leadership test on Pierre de Coubertin and the Olympic Values.

Evaluation and Recommendations

The evaluation method was a continuous evaluation. Flipcharts were placed at strategic positions for the entire duration of the programme. The evaluation questions, represented by pictures to appeal to the youth, focused on: what were your positive experiences; what were your negative experiences; what insights do you want to share; and what other questions do you have. Participants were constantly reminded and encouraged to write on the flipcharts. The evaluation and recommendations are therefore based on this data, and the feedback from the participants collected by the facilitators throughout the programme as well as the observations of the facilitators. The evaluation was divided into 2 areas: evaluation of the facilitators; and evaluation of the programme (content, design, relevance, etc.)

Purpose and impact of the programme

The purpose of the programme was very much achieved. The programme addressed the target group on the right level and included valuable examples and practical exercises and activities appropriate for the planned outcomes of the programme. All of the participants considered the course as valuable and important for their context and challenges and they were very satisfied with it. Indeed, the course went beyond their expectations. The practical impact of the programme was visible in the feedback from the participants as well as the participation of the learners in terms of openness and depth of sharing. Also remarkable was the depth of the friendships formed over the short period of time. The educators also benefited from the programme in terms of their learning in relation to both the content and the experiences of these young people.

Programme design and delivery

It was essential to focus very much on and integrate the practical side, as participants were keen to participate in activities. There were sessions of reflection and dialogue, then there were practical sessions, where participants were learning critical life skills through participation in activities, and finally a dynamic part of participatory group tools when they had to analyse their own situations and get active in discussion in the youth forum at the conference. This time distribution allowed constructive learning and applying of the knowledge. Both facilitators and participants valued this approach as positive.

The facilitators were evaluated as excellent, participants said the programme was fun and they realised that they can improve their skills in understanding themselves and each other better.

The participants felt the programme improved their creativity skills and made sport and education more fun, resulting in increased motivation to transfer the skill and knowledge to their school communities.

Attainment of outcomes

The feedback from the participants indicated that the programme objectives had been achieved, that the programme had the appropriate level for them, that they had learned new skills, realised their creativity and own potential. The programme content was seen as relevant to their situations and was covered effectively. Participants felt that the teaching methods were effectively implemented, the programme material was seen as useful and the workload was manageable.

Management, systems, staff, and resources

The Foundation for Sport, Development and Peace has qualified facilitators who have been working with many different groups over a length of time. The facilitators were evaluated very positively in terms of planning, preparation, facilitation, motivation and their use of practical examples and activities, linking reflection and critical life skills received the highest scores.

Partnerships

The collaboration between the International Pierre de Coubertin Committee, The Foundation for Sport, Development and Peace and the Robben Island Museum, as well as the schools involved was very good and essential in the implementation of the programme as the programme was held on Robben Island. The Robben Island Museum Education officer and staff were very supportive and integral to the success of the programme.

Budgets and resource allocation

The programme was funded by the International Pierre de Coubertin Committee and this ensured that all costs for participants were covered. In addition, facilitators could be

reimbursed for their services. Follow up activities included The formation of the Youth Network under the coordination of Warren Lucas and a close liaison of local delegates through Ms Majiet who is very active in ongoing communication with all participants.

Marketing and Recruitment strategies

There is a great need for further programmes like this one especially with youth from the disadvantaged and underserved communities where drugs, gangsterism and a multitude of social ills are rife. It is recommended that the recruitment for youth programmes such like this one includes the Departments of Education, of Sport and Recreation, of Community Safety and otheres local NGOs, community organisations formal and informal, as well as school and governmental structures and municipalities. Financial support of benevolent partners is essential. Marketing strategies should be analysed to attract these partners. The **Formation of the African Youth Network** is an amazing initiative which needs to be supported.

Word of Appreciation

The South African Pierre de Coubertin Committee and the Foundation for Sport for Development and Peace would like to full heartedly thank the International Pierre de Coubertin Committee and its Board for this unique opportunity and honour to host the 1st African Youth Forum and to host a programme which will be memorable to all participants for many years to come. We particularly appreciated the vision of former President Prof Dr. Norber Mueller, the support of present President Prof. Dr. Stephan Wassong and the invaluable guidance and assistance of Dr. Ines Nikolaus without them this Forum would not have been possible.

The Motto of the 1st African Youth Forum was *“The Power of Sport and Peace: Be the Legacy in Sport and Life”*. We could feel the true spirit of Pierre de Coubertin and Nelson Mandela on Robben Island and in the interaction of all participants. The Forum felt the power of sport and peace, and all partners were honoured and humbled to be part of the Forum and to contribute to the development of exceptional young people and their mentors. They are already change agents in their communities, and they will take the legacy of both Pierre de Coubertin and Nelson Mandela forward and into their families, communities, countries and beyond.