

WHY SPORT MATTERS



SPORT FOR DEVELOPMENT IN AUSTRALIA, THE PACIFIC AND ASIA



AUSTRALIAN
COUNCIL
FOR
INTERNATIONAL
DEVELOPMENT



ChildFund
Australia



ChildFund
Laos



the
power
of
humanity



100 YEARS
PEOPLE HELPING PEOPLE
1914-2014



Sport Matters

Address: Level 32/1 Market Street
Sydney NSW 2000
AUSTRALIA

Phone: +612 8090 2343

Fax: +612 8076 8605

Email: info@sportmatters.org.au

Website: www.sportmatters.org.au

ABN: 29153389676

Published by Sport Matters

© June 2014

Design: Alys Martin alysmartindesign.com

Edited by: Jackie Lauff

Contents

Foreword

Wilfried Lemke, United Nations Office of Sport for Development & Peace	2
Sam Mostyn, Australian Council for International Development & AFL	3

Introduction

Jackie Lauff, Sport Matters	4
-----------------------------------	---

SPORT MATTERS IN AUSTRALIA

Indigenous

AFL Cape York House Cairns - Australian Football League	6
---	---

Social Inclusion

Creating Chances - Football United	8
Social Inclusion Through Sports - Sports Without Borders	10
In League In Harmony - National Rugby League	12
Community Street Soccer - The Big Issue	14

BUILDING THE EVIDENCE BASE

Impact Research in the Pacific

Australian Sports Commission	16
------------------------------------	----

SPORT MATTERS AROUND THE WORLD

Children & Youth

It's More than Sport - ChildFund Laos	23
Just Play - Oceania Football Confederation	25
Youth Outreach Partnership Program - Save the Children Australia	27

Disability

Challenging Assumptions – CBM Australia	29
Smash Down Barriers - Table Tennis Australia	31

Gender Equality

Respectful Relationships - Australian Red Cross	33
League Bilong-Laif - National Rugby League	35

Health

Pacific in Union - Australian Rugby Union	37
Women's Island Cricket – International Cricket Council East Asia Pacific.....	39
Kau Mai Tonga, Ke Tau Netipolo - Netball Australia	41

Links & Acknowledgements	43
--------------------------------	----

Acronyms.....	44
---------------	----

• FOREWORD •



Mr Wilfried Lemke

Special Adviser to the United Nations Secretary General on Sport for Development and Peace

It is an honour for me to have the opportunity to present this publication to you. It provides a compilation of case studies that illustrate the work and impact of sport for development and peace activities both in Australia and worldwide. In doing so, it underlines the power of sport, and advocates for greater investment and support of this sector in Australia.

Sport matters. It is not only a fundamental human right, but also a powerful tool to advance economic, social and human development around the world. Access to sport and physical activity are of crucial importance for both human health and the prevention of disease worldwide.

The field of Sport for Development and Peace (SDP) utilises this potential inherent in the intentional use of sport and physical activity, in order to achieve specific development and peace objectives, in particular with regard to the eight UN Millennium Development Goals (MDGs). As an extensive network of stakeholders, including governments, United Nations entities, development agencies, academia, sports federations, the private sector, the media and civil society organisations, Sport for Development and Peace not only focuses on sport at the elite and high-performance level, but also at the grassroots and community level.

Especially within the sphere of international humanitarian and social work, the potential of sport as a tool for peace and development has captured increasing attention during the past decade. As such, sport can be a powerful tool to provide employment, reduce poverty and facilitate sustainable development. It can also support reconciliation efforts in societies divided by war and contribute to long-lasting peace.

This publication represents a valuable contribution to the work within the field of Sport for Development and Peace. Its concise case studies showcase activities of Australian organisations in the field, and the role of sport in promoting social inclusion, improving health and empowering children, people with disabilities and women around the world.

I believe that this handbook provides a collection of good practice examples which will encourage and assist other organisations to engage in similar activities. I am deeply convinced that sport can be an innovative, effective and efficient way of contributing to the Millennium Development Goals. Therefore, on behalf of the United Nations, I encourage each and every one of us to promote, use and invest in the potential of sport for sustainable human development and peace-building.

• FOREWORD •



Sam Mostyn

President, ACFID & AFL Commissioner



AUSTRALIAN
COUNCIL
FOR
INTERNATIONAL
DEVELOPMENT



In the playgrounds of primary schools across Australia, the streets and alleys of refugee camps across the world, and the elite sporting fields showcasing the world's fittest and strongest, sport has a remarkable capacity to bring people together the world over. While sport has essential health benefits, the case studies in this compilation demonstrate the wide ranging reasons why sport matters for development.

Sport can motivate children to attend and participate in school. It encourages personal development, increases self-confidence and self-esteem. Sport can strengthen social ties and can foster communication and understanding within and between disparate communities. It can erode stigma associated with marginalised groups, entrench gender equality and provide new avenues for leadership and community engagement.

Finally, sport is a powerful tool to promote unity and peace-building – the sporting field is a unique environment that encourages aggression to be controlled and ultimately replaced by the ideals of teamwork, tolerance and reconciliation.

Now is the time to acknowledge the power, and accelerate the pace, of sport for development.

• INTRODUCTION •

There is growing momentum for sport for development in Australia. This collection of case studies is a first attempt at presenting some of the innovative approaches from Australian organisations that use sport to unite communities and empower individuals to create sustainable social change across a range of thematic areas.

Access to sport and physical activity is a human right. Sport is well recognised internationally as a development tool and a powerful agent for social change. It is a culturally accepted activity that unites families, communities and nations - like nothing else.

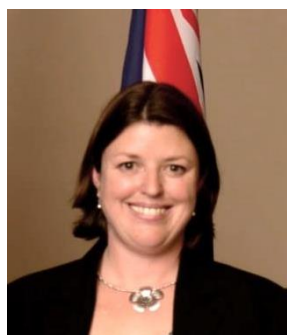
Sport Matters is an NGO based in Australia that aims to make a positive and long-lasting impact on development in Australia and developing countries with a focus on the Pacific, Asia and Africa. We see enormous value in bringing together representatives from the aid and development sector, and from national and regional sport federations to present sport as a unique low-cost and high-impact tool for development and emphasise its potential for innovative development partnerships.

These case studies highlight how sport can be applied in a meaningful way to achieve targeted development objectives. Sport matters in Australia and a number of case studies showcase how sport is used to promote social inclusion and deliver health and education outcomes for indigenous Australians. Featured case studies also show how sport is being applied around the world to achieve outcomes in health and gender equality, and to empower children and youth and people with disabilities.

There is a growing body of evidence to underpin sport for development approaches and we are pleased to include the latest research from the Australian Sports Commission on international sport for development programs across the Pacific. A list of acronyms is also included to help you navigate the landscape as programs and organisations.

This is by no means an exhaustive collection of case studies, but rather a first attempt at showcasing the depth of activity in sport for development and its impact in Australia and around the world. It is a pleasure to introduce "Why Sport Matters" and showcase Australia's efforts towards sport for development in Australia, the Pacific and Asia.

The wheels are turning - join the Sport for Development movement!



Jackie Lauff
CEO, Sport Matters



Sport Matters in Australia



AFL Cape York House Cairns - Australian Football League
Creating Chances - Football United
Social Inclusion Through Sports - Sports Without Borders
In League In Harmony - National Rugby League
Community Street Soccer - The Big Issue



AFL Cape York House Cairns

Australian Football League

AFL Cape York House is a 48 bed residential facility in Cairns. It provides residential care to secondary school aged boys from remote Indigenous communities in Cape York, the Torres Strait and Gulf regions. The facility offers a small scale and innovative approach to boarding based on individual case management around the three pillars of education, careers and transitions, and welfare and wellbeing. Students are supported in the development of career and life pathways while attending partner schools in Cairns. There are currently 36 students in residence from the remote communities of Hope Vale, Coen, Lockhart River, Kowanyama, Coen, Aurukun, Pormpuraaw Bamaga/Injinoo, Mornington Island, Badu Island, Maubiag Island, Moa Island, Yam Island, and Coconut Island.



AFL Cape York House Cairns

Background

The project grew out of the game development and personal development and lifestyle programs run by AFL Cape York House in the remote communities of Cape York and the Torres Strait. Program staff saw many young Indigenous people who had participated successfully in a range of programs disengage prematurely from boarding schools and their secondary education. The project is closely aligned with the Australian Council of Governments 'Closing the Gap' agenda in education and is designed to give Indigenous students the best possible chance of finishing secondary school.

Innovation

AFL Cape York House is a stand-alone residential facility which operates in partnership with seven secondary schools from the government and independent sector. AFL Cape York House works with families and key partner agencies to provide the 'best-fit' for each young man in the program by selecting an appropriate secondary school and a range of activities including part-time work. All boys are actively involved in sport and fitness activities, especially AFL. The AFL Cape York House Eagles entered the Cairns Junior AFL competition in 2014 with an Under 15 and Under 17 team. Senior boys at the House run the Eagles club with support from a number of adult members. This arrangement is the first of its type in Australia.

"To provide educational, training and employment opportunities for young Indigenous men ... to ensure every young man reaches his potential."

Partnerships

Strong partnerships exist with government at all levels: Commonwealth, State and Local. Capital cost for the project was provided by the Commonwealth and significant operational costs are met through an agreement with the Australian Government Department of Human Services for the payment of Abstudy. An agreement also exists with Aboriginal Hostels Limited. The Queensland Government provides a full-time paid position as Education Manager and a range of education support services. Cairns City Council has provided the land upon which the project operates and offers a range of in-kind support activities. AFL nationally has been strongly supportive of the initiative and provides substantial financial support for daily operations. Members of government at all levels have visited the facility, most recently the Queensland Ministers for Housing and Education in May 2014.

Sustainability

The facility has strong links with the remote communities from which the boys come and there is strong support for places at AFL Cape York House for 2015. The project is strongly linked into the local

community and staff from partner schools regularly visit the House. There is significant interest from government about how the model operates and whether it can be replicated in other settings.

Impact

Early results around student retention are strong with all students from 2013 returning for the 2014 school year and all students who completed Term One 2014 return for the start of Term Two. However, there are still times when students disengage from the program and return to communities for a range of reasons. Levels of student attendance are above the state and national average for Indigenous secondary students and results at school continue to improve. Work remains to be done in terms of the development and implementation of support programs which prepare students for the transition from their remote home communities to life in Cairns. Assumptions made about the levels of student readiness for the transition have been found to be incorrect for a number of students who have struggled to adjust to life away from their home communities. AFL Cape York House has certainly made a significant impact on the lives of many of the boys who are a part of the program. Our first two Year 12 graduates from 2013 have successfully transitioned into their choice of post-school destinations and both maintain regular contact with the House.



Creating Chances

Football United

Football United's mission is to create chances for youth through the magic of football. We envision a world where every person can reach for their goals. Through its innovative Sport for Social Change processes Football United improves how community based organisations engage, educate and employ youth. Since 2006 Football United has delivered programs for over 8,000 children and youth. Robust research, combined with a tried and tested approach underpins the program to ensure sustainability. From its beginnings, Football United has grown significantly to reach children and youth across Australia.



Creating Chances

Background

Football United was founded in 2006 at UNSW's School of Public Health and Community Medicine Sydney, where the program headquarters remains auspiced by UNSW. Football United was developed from a vision that people's love for Football (soccer) can be used to build opportunities for belonging, racial harmony and community cohesion. Begun with a goal to support refugee and newly arrived immigrant youth and families in their transition into Australian society, as the program implementation progressed, Football United leadership noted that often community sport, as currently practiced, is exclusive rather than inclusive. Participation is largely not possible for many socio-disadvantaged youth. This vision has evolved to become a program which combines a number of effective mechanisms for engaging and re-engaging refugee and disadvantaged youth into their communities, fostering their educational experiences and promoting multicultural harmony in general.

Innovation

Football United balances between sport-based component and non-sport based components towards optimum participation for its participants. The literature and hands-on experiences indicate that success of any sport-based social interventionist program is largely determined by the strength of its non-sport components such as; leader-

ship development, life skills development, management skills development and community mobilisation tactic and application – what it does with young people once they are brought into the program through sport. Football United programs assure this balance between the sport-based and the non-sport based aspects of a program, where sport is just one part of a whole package of resources and social supports requiring a level of investment and intensive, day-to-day involvement far beyond that of most sport-based intervention programs.

Partnerships

Football United's partnership-based approach involves working with the community and community leaders to identify and address local needs. Football United was one of 32 programs and the only Australian organisation chosen by FIFA to participate in the first ever Festival for Hope World Cup tournament in June 2010 and again in 2014. Football United was recognised with a 2012 Australian Parliamentary Community Sports Award, a New South Wales Building Inclusive Communities Award, and its film was awarded an Australian National Human Rights Award in 2010.

Sustainability

All Football United programs systematically include local engagement, capacity building and leadership development pro-rams, which develop self-esteem and leadership skills

whilst building community morale and participation. In addition to football training and playing opportunities, the program elements include ongoing leadership and personal life-skills development processes. In early May 2014 Football United launched the Creating Chances Lifeskills through Football program, a consolidation of its components developed to date, to provide a comprehensive class-room and field based lifeskills program for youth.

Impact

Football United's activities are underpinned by research, including the Australian Research Council (ARC) funded Linkage Project that evaluates the effectiveness of utilising sport (football) to improve social inclusion for refugee children and youth in urban areas. Football United research findings indicate that Football United has made the following impacts in the area of social inclusion: Significant reduction in peer-related problems among male FUn participants, as compared to those in comparison sites.

Significant increase in positive orientation toward ethnic groups other than their own compared to data from comparison sites among male FUn participants.



In League In Harmony

National Rugby League

In League In Harmony (ILIH) uses the Rugby League context of teamwork to promote social cohesion by providing learning experiences for the participants to develop their interpersonal skills and build their capacity to contribute positively to their communities. Launched in December 2012 the program reached 750 participants in its inaugural year. The program is relevant for male and females and particularly targets youth from CALD backgrounds between the ages of 12 to 16 years (School year 7-10). The program provides a safe and interactive environment for cultural exchange as participants learn to acknowledge, appreciate and celebrate Australia's diversity in culture and ability. Participants develop skills and understanding, assisting them to tackle social issues such as social isolation, racism, gender equality and bullying.



**IN LEAGUE IN
HARMONY**



In League In Harmony

Background

The NRL's mission is to bring people together to enrich their lives, which is demonstrated through its commitment of using Rugby League to promote equality and opportunities for all people. Western Sydney is recognised as the heartland of the sport of Rugby League and is also a region with the highest number of people from culturally and linguistically diverse (CALD) backgrounds in Australia. These communities include newly arrived migrants and humanitarian refugees who face challenges such as displacement due to war, persecution, racial and religious intolerance. As a result, many people are at risk of being socially isolated due to language and cultural barriers. Rugby League is an inclusive sport which unites people from all walks of life to feel welcome regardless of gender, culture, ability or social background.

Innovation

Coaches Talks & Training Sessions Participants take part in a series of interactive themed messages around the NRL's values of 'teamwork' and 'inclusiveness'. Messages are conducted in the classroom by NRL Education Officers and NRL Ambassadors. Rugby League skills sessions are tailored for participants new to Rugby League and the more experienced. The program uses movement as an educational tool not only to teach the students the fundamental skills of Rugby League, but also to promote

key messages such as positive communication, team work and respect. Modified versions of Rugby League are used such as NRL League Tag and NRL Touch football. A gala day is conducted in the seventh week of the program at a central location for all groups involved in the program to celebrate their new learnt knowledge and skills. Students participate in NRL League Tag and NRL Touch Football games and participants are presented with positive participation awards. To add to the celebration music, food, and guest speakers are elements of the festival. Developing the participant's capability to have a voice and develop their leadership is an important part of the ILIH program. Participants who have showcased positive engagement throughout the program are selected to be Ambassadors to promote ILIH messages. The youth Ambassadors take part in NRL tailored leadership workshops and are provided with the opportunities to develop their leadership skills through assisting NRL staff in gala days, public speaking and volunteer at events.

Partnerships

The NRL collaborates with stakeholders of the community to ensure that participants integrate into local Junior NRL teams as players, coaches, referees or sports trainers. ILIH resources are linked to the NSW Department of education's PDHPE syllabus and other key learning areas of school curriculum. Teachers

are provided with NRL's Learning with League resources which are utilised to reinforce messages once the program has completed. ILIH is supported by the Australian Government, Department of Social Services. The messages in the program are aligned with the objectives of the Australian Government's Diversity and Social Cohesion Program. Government initiatives such as Harmony Day and the 'It Stops With Me' strategy are reinforced throughout the program.

Sustainability

The program is in the second year of operation and aims to reach 1800 participants in 2014. A presenter's resource pack is being designed in collaboration with education and community services to ensure the program continues to be utilised by NRL to service more communities and participants. With ongoing support of the Australian Government and community stakeholders the In League In Harmony program will continue to contribute positively to the community.

Impact

Interviews were completed with a sample of key stakeholders across the In League In Harmony program to identify and examine the perceived social outcomes of the program. This included project officers, teachers, learning support behaviour coordinators and students who reported enhanced social cohesion, confidence and engagement in other school activities.



Social Inclusion Through Sports

Sports Without Borders

Sports Without Borders is a national not-for-profit organisation, auspiced by the Australian Multicultural Foundation (AMF) and dedicated to providing support for young people from new and emerging communities to overcome the barriers of participating in community sport. The following case study, titled “Social Inclusion Through Sports” demonstrates the impact of an Australian NGO in promoting diversity and building social inclusion in Australia. Since 2008, activities have been delivered within three pillars: Sports Grants and Scholarships, Capacity Building Programs and Raising Awareness.

Social Inclusion Through Sports

Background

Sports Without Borders (SWB) was formed in 2006 in response to key findings by an ABS report which found people from non-English speaking backgrounds were two thirds less likely to participate in sport than their Australian counterparts due to barriers such as a lack of appropriate facilities or programs, increasing costs and perceived racism. Funding has been received from a mixture of sources including; philanthropic organisations, businesses, local council, state and federal governments.

Innovation

Capacity building sports programs ensure that sports organisations and members of the CALD community build the skills, knowledge and experience to run sports programs and participate in sports clubs and organisations. SWB trained 13 Palestinians and 13 Israelis to take part in the AFL International Cup in 2008. The team had just 7 months to prepare and won games against China and Finland. In doing so the team promoted cultural diversity and tolerance, helped build bridges between local Islamic and Jewish communities and showcased AFL. The program was awarded a prize by the Peres Centre for Peace and a film on the program featured in the Cannes Film Festival. The Department of Planning and Community Development (DPCD) Program was held in the City of Melbourne, Moonee

Valley, Shepparton, Monash and Dandenong. In each council young people were given leadership, sports and event management training so they could design and organise a local sports events. Four Migrant Resource Centre's in the City of Maroondah, City of Whitehorse and City of Yarra held sessions with families from Cambodian, Horn of Africa and Middle Eastern backgrounds and described how sport improved health, education and well-being. These sessions also facilitated social inclusion by providing scholarships to young people to join sporting clubs and encouraged parents to get involved in sporting clubs as volunteers. SWB was supported by Department of Immigration and Citizenship (DIAC), the Scanlon Foundation, the AMF and the Australian Sports Commission during the course of the program. A sports carnival held at the University of Melbourne for newly arrived communities in Carlton and surrounding suburbs which includes sporting clinics, entertainment and food. The carnival involves the University of Melbourne, the City of Melbourne, Tennis Victoria, Athletics Victoria and Melbourne Heart FC and was nominated for the VicSport Contribution to Sport Award earlier this year and the Migration and Settlement Council awards.

Partnerships

SWB hosts an annual community sports participation

conference to influence public policy and unite sports people, club officials, volunteers, policymakers, government workers and sports administrators.

Sustainability

SWB adopted an incremental approach to its programs. When it first started giving out scholarships it found that one off scholarships were insufficient to counter the rising cost of sport for newly arrived communities. It therefore started to give long term, three-year scholarships, but found scholarships alone were insufficient. In response, SWB instituted capacity building programs that engage with a diverse range of partners. SWB has facilitated the exchange and transfer of knowledge and skills between major stakeholders and was able to influence government policy at the state and federal level.

Impact

SWB has given over \$800,000 in sports grants and scholarships to over 14,000 young people from CALD communities. It has built strong linkages with multiple local councils, sports clubs, MRCs and government and run capacity building programs that have led to greater involvement of newly arrived communities in Australian sport. It has raised awareness about the barriers to sport faced by newly arrived communities and how sport can act as a mechanism to facilitate social inclusion.



Community Street Soccer

The Big Issue

The Community Street Soccer Program is a national grassroots Sport for Development initiative, run by Australia's leading social enterprise, The Big Issue. The program kicked off behind a housing commission block in inner-city Melbourne in late 2004, with the aim of using football as a vehicle to help homeless and disadvantaged people reconnect with the community and turn their lives around. In 2007, with support from the Federal Government, the program was launched nationally and now operates at 18 under-privileged communities around the country, including two correctional facilities. The Community Street Soccer Program is part of an international football movement led by the International Network of Street Papers.



Community Street Soccer

Background

The Community Street Soccer Program leverages the power of sport to promote social inclusion and re-engage homeless, marginalised and disadvantaged Australians, including refugees, Indigenous Australians, the long-term unemployed and those with mental illness and substance abuse issues. It does so through weekly soccer training sessions, which provide participants with the opportunity to get together in a safe, stable and welcoming environment.

The Community Street Soccer Program also runs an annual calendar of events designed to raise awareness, inspire participants and change community perceptions. This includes Australia's largest community football event – The Big Issue Street Football Festival – which has been held annually in Sydney since 2011, bringing together hundreds of participants from all walks of life. The Big Issue also hosted the 2008 Homeless World Cup in Melbourne and has sent teams to another six Homeless World Cups, giving participants from the Community Street Soccer Program a once-in-a-lifetime opportunity to represent Australia on an international stage.

Innovation

Through the Community Street Soccer Program, The Big Issue has played an active role in the Sport for Development sector. In 2011 and 2012, The Big Issue brought

representatives from Sport for Development programs across Asia as part of a series of workshops held to coincide with The Big Issue Street Football Festival in Sydney. The initiative saw representatives from countries including Cambodia, India, Indonesia and Malaysia attend workshops to share information and cross-cultural learnings. The Big Issue also helped lift the profile of Sport for Development programs through its successful bid to host the 2008 Homeless World Cup in Melbourne. The event was the biggest community event ever staged in Australia, with more than 50 teams from across the world, 100,000 spectators and 250 local, national and international media present for the week-long event.

Partnerships

The Community Street Soccer Program is funded by the Federal Government. This partnership supports the running of the program in 18 under-privileged communities around the country. Each year, The Big Issue hosts a soccer tournament at Parliament House with the purpose of bringing together politicians, parliamentary staff and Community Street Soccer Program participants.

Sustainability

The Big Issue is a member of streetfootballworld, FIFA's Development through Football strategic alliance partner, and has a strong relationship with the Football Federation of Australia. The Community Street Soccer Program works

with more than 1500 community organisations across Australia and has strong ties with the corporate sector through partnerships, volunteering and other engagement opportunities.

Impact

An independent study on the economic impact of the Community Street Soccer Program estimated every \$1 invested in the program generates a saving of \$4.30 to the Australian community through a reduction in participants' demand for social services. Based on the program's operating costs, this translates to an annual saving of \$7 million to the community. The program has supported more than 5600 people since 2007 and has led to wide-reaching outcomes for participants including:

- Increase in confidence (reported by 99% of participants)
- Positive attitudinal changes and increased happiness (reported by 94% of participants)
- Increased fitness levels and increased independence (reported by 90% of participants)
- Confidence gained from program assisted them to take the next steps towards employment (reported by 45% of participants)

The program has also created opportunities for wider community involvement and awareness-raising through corporate and community volunteering and special events.



Impact Research in the Pacific

Australian Sports Commission

Sport has unique attributes that enable it to contribute to development processes. Its popularity, its capacity as a communication platform, its role in reducing the risk of non-communicable diseases and its potential to set the foundation for healthy child development together with its ability to connect people make it a tool that can be used to meet a range of development objectives. When used strategically, sports-based assistance can make a measurable contribution to Australia's development efforts. Sport has made a significant contribution to developing healthier and more inclusive communities through sport in the Pacific. These research results on the Australian Sports Outreach Program highlight the impact of sport for development in the Pacific.



Impact Research in the Pacific

Non-communicable Diseases

Non-communicable diseases (NCDs) such as diabetes, cancer, cardiovascular disease and chronic respiratory diseases are growing rapidly, particularly in low and middle income countries. In 2008, NCDs accounted for an estimated 36 million deaths (or 63 percent) worldwide. In the Pacific, 75 percent of all adult deaths are due to NCDs. NCDs also place an extra burden on health systems that are already struggling to cope. While NCDs are a global problem, this is a particular issue in our immediate region. At the 42nd Pacific Island Forum in 2011, Pacific Islands leaders stated that NCDs had 'reached epidemic proportions' in Pacific island countries and territories. The statement highlighted the huge economic costs of NCDs, and its potential to undermine achievement of the Millennium Development Goals. Sport is well placed to help combat NCDs. Research shows that to reduce NCDs, it is necessary to reduce population exposure to the four common modifiable behavioural risk factors - unhealthy diets, physical inactivity, tobacco use and harmful use of alcohol. Of these, sport is uniquely positioned to address physical inactivity by getting people more active more often. Sport also provides opportunities to deliver messaging on the three other risk factors (diet, tobacco and alcohol) to large groups of people.

Disability

People with disability are among the poorest and most vulnerable in developing countries. They face many barriers preventing them from fully participating in society. People with disability are the most likely to face social exclusion. This includes the inability to access education and health services, and the right to earn a living or participate in decision making like others in their communities. Around 15 percent of the world's population – about a billion people – live with a disability and about 80 percent live in developing countries. Research has shown the value of sport in improving the inclusion and well-being of people with disability. Sport works at two distinct, but related levels. At the individual level, sport provides opportunities for social interaction and helps build confidence, self-esteem and a positive self-image. Sport also

contributes to physical fitness, strength, range of movement and physical independence. At the community level, sport can be used as an effective platform to deliver messages about inclusion and the rights of people with disability. It also creates opportunities for people without a disability to encounter people with a disability in a positive context to large groups of people.

The Research

Many claims have been made about the power of sport to contribute to a wide range of social outcomes, but these claims often lack the support of sound evidence. The vacuum created by a lack of systematic and long-term studies means that policy-makers often lack the information required to make decisions about Sport for Development programs, and about Sport for Development as a development approach more generally. In order to address this empirical vacuum, the Australian Sports Commission has commissioned independent research to test the effectiveness of the Australian Sport Outreach Program (ASOP) Pacific Country Programs, a Sport for Development program delivered by the Australian Sports Commission and funded by the Department of Foreign Affairs and Trade (DFAT). Through a mixed-method approach that employs both quantitative and qualitative activities, the research seeks to determine how and to what extent the ASOP Pacific Country Programs are contributing to a growth in sustained healthy behaviours, improved social inclusion and improved social cohesion. This investment underpins Australia's commitment to its aid program delivering real results through evidence based policy and programs.

Sustaining Healthy Behaviours

The main healthy behaviour promoted by the ASOP Country Programs in the Pacific is an increase in physical activity through participation in sport. Other healthy behaviours promoted by the program include a reduction in kava, alcohol and tobacco consumption and the promotion of a healthy diet. Research into the impact of the Country Programs on improving healthy behaviours was undertaken in Tonga, Vanuatu and Nauru.

By providing opportunities to get involved in sport, the program in Nauru is encouraging

healthy patterns of behaviour with participants engaging in more physical activity, smoking and drinking less, and eating better than those not involved in the program. The research shows that two-thirds of current EK participants believe they are healthier now than before they were involved in the program.

There has been a marked increase in physical activity since the inception of the program—19 per cent of the population is now involved in sports activities on a regular basis and participants are two and a half times more active than non-participants, significantly reducing their risk of acquiring non-communicable diseases. Current participants are also significantly more likely than non-participants to have tried to increase the amount of their physical activity over the last 12 months.

The research shows that the program is encouraging Nauruans to be more active in all aspects of their lives, with participants not only undertaking considerably more vigorous and moderate recreational physical activity than non-participants (in fact non-participants reported doing no recreational physical activity at all) but also doing more physical activity at work and for transport than those not involved in the program.

The program has also helped improve knowledge and attitudes towards physical activity—important precursors to behaviour change. Current program participants have a higher level of understanding about the impact of physical activity on their health and are much more likely than non-participants to participate in physical activity three times a week. They also have greater confidence in their ability to participate in physical activity than non-participants. Those included in the qualitative research indicated that increasing opportunities to play sport can help give young people something positive to do. They now have less time on their hands to engage in unhealthy, risk-taking behaviour, such as overeating, smoking and drinking.

In Vanuatu, the research has shown that knowledge and awareness of the benefits of healthy behaviour is very high amongst people on Aniwa Island in Tafea Province and can be directly linked to the ASOP program. There has been a significant rise in physical activity since the program's introduction, particularly amongst those aged between 15 and 40, or 35 per cent of the island's population. In fact, according to a 2010 Auckland University of Technology Centre for Physical Activity and Nutrition report, the high rates of participation in regular physical activity through Nabanga on Aniwa contributed

to a 50 per cent reduction in obesity from 2009 to 2010.

Volleyball and football competitions require teams to train or play between three and six times a week, and team members constitute more than 80 per cent of those between the ages of 15 and 40. Many of those who don't play volunteer to officiate, and many do both. This level of activity is significantly higher than the recreational physical activity levels that existed before the program.

The research also found a high level of awareness on what constitutes healthy behaviours, which has developed over time through other surveys on non-communicable diseases—such as those conducted by the World Health Organization—and through community reinforcement of health messages. This awareness has translated to action for Nabanga participants, who recognised that physical activity reduced their risk of diabetes and high blood pressure, along with changes to smoking and diet.

Nabanga was also found to have had a positive impact on young men where smoking is concerned (47 per cent of Ni-Vanuatu men smoke), as the habit is banned during sporting activities. Many interviewed spoke about reducing their smoking during the football season, or quitting altogether.



In Tonga, a carefully designed mass media campaign aimed at influencing socio-cultural attitudes towards women and girls being physically active achieved very high levels of cut through on key health messages. The research shows that the program has been the catalyst for a remarkable shift in knowledge and attitudes towards physical activity. Following the mass media campaign and related activities, nearly all Tongan women (84 per cent) said they had considered some form of physical activity as a result of the campaign, 90 per cent said they wanted to exercise regularly, and about 80 per cent held a strong perception of their ability to participate in physical activity.

Importantly, 74 per cent of women tried to persuade others to be more physically active.

A key campaign message, 'just 30 minutes of simple exercise three times a week will help you stay fit and healthy', achieved a 52 per cent recall, which underscores the campaign's success in building knowledge about required levels of physical activity to achieve better health outcomes. The campaign's tag lines, 'C'mon Tonga, Let's Play Netball' and 'You Can, I Can, We Can All Play Netball', are strong calls to action for community building that achieved high levels of recall (70 per cent and 58 per cent respectively).

Women's understanding of the health benefits from physical activity has also increased. Those aged 15 to 45 displayed considerable awareness of the link between various medical conditions and a lack of physical activity. They also noted the link between physical activity and a number of desirable lifestyle benefits, such as losing weight, eating healthier, drinking more water and having more energy to complete household chores.

Getting women onto the netball court has also enabled the program to build knowledge of other important health messages. Research has shown that vegetable consumption has increased, and the consumption of tobacco, alcohol and sugary drinks has decreased. This is an important finding given the key role women play in Tongan households.

A clear link was also demonstrated between knowledge and awareness of health risks and participation in physical activity, supporting the program's long-term approach to building sustained improvements in physical activity by increasing knowledge about the risks of inactivity. One of the research's most prominent findings was the acceptance in Tongan society of women undertaking and participating in physical activity, and the level of support they received to participate in netball from their families, peers and community networks. Since the first media campaign, there has been a significant shift from the expectation that married women should stay home to care for children and the household. Now 80 per cent of women aged 15 to 45 years believe that people important to them would approve of their participation in physical activity. Husbands, family members and the church all expressed their support for women of all ages participating in physical activity. This back-up was emotional—a lot of family and church members attended matches and sport festivals and voiced their support for the women throughout netball games—but also practical. Help was given with transport to and from games, and by

providing food and minding children while women were participating.

Women and girls are also adopting new attitudes towards physical activity, with nearly all Tongan women aged between 15 and 45 (90 per cent) strongly agreeing that they want to exercise regularly. The qualitative research also indicates that the majority of women are engaging in more physical activity than before the program's inception. Many (66 per cent) also reported exploring playing netball. Considering that less than a year ago netball was barely played in Tonga, this shows a significant shift in attitudes to being active.

The research has also revealed significant changes to the health-related behaviours of women and girls, particularly towards trialling and adopting more active lifestyles. After just one campaign, 58 per cent of women aged 15 to 45 reported undertaking at least some physical activity in the previous week, and 33 per cent were meeting or exceeding the campaign target of being physically active for 30 minutes or more on three or more days a week. This is significant when compared to a Tongan survey conducted in 2004 (Tonga STEPS Report, 2012) before the program's inception, which showed very low physical activity levels amongst women, and 92 per cent of women aged 15 to 64 engaging in no vigorous physical activity at all.

Research findings are clearly supported by tournament participation data. For example, the fact that only 27 teams were registered for Tonga's netball tournament in 2012, and more than 370 teams—or about 3,000 women—were registered following the first media campaign, is evidence of the program's success in attracting and encouraging women and girls to be more physically active. As a result of engaging in more physical activity, a number of program participants noted they had lost weight, and older women saw changes in their health and body size.

Motivation has also increased, with participants reporting that they have more energy, are sleeping less during the day, and have greater capacity to undertake household duties. The program is building sustainability by supporting women and girls to lead netball and physical activity at the local level. Women report that they are initiating netball-related activities including practices and games, actively forming teams, and encouraging their friends and relatives to get involved, some for the first time.

Social Inclusion

The ASOP Pacific Country Programs seek to empower youth, women and people with disability to improve their lives by building human capital, strengthening self-efficacy and leadership opportunities, and transforming socio-cultural perceptions of physical activity and health. Research into social inclusion issues was undertaken on Espiritu Santo Island in Vanuatu and in Nauru.

Qualitative research has shown that people with and without disability are interacting, building confidence and transforming attitudes and community activities are being modified to encourage greater participation by children with disability. Children are motivated to join the program after seeing other children with disability playing sports and being encouraged by parents, friends and volunteers. As a result, these children have increased their self-efficacy and confidence, and expanded their social networks.

Parents and carers of children with disability described an increase in awareness of their child's capabilities after watching them play sport, and for some parents, this meant they felt more engaged with their child. All parents believed village attitudes had changed for the better once people saw children with disability playing alongside those without. They also commented on the importance of feeling supported by their community in the care of their child. Broader impacts include a greater level of awareness of children with disability in the community as a result of the program, an important driver for which is watching children with disability playing sport. There is also evidence that general community activities are being modified to encourage greater participation of children with disability.



In Nauru, the research has shown that the program is having a significant impact on social inclusion, with the majority of current participants (84 per cent) feeling like they met and made new friends in the program. The

program also appears to be promoting more opportunities for social interaction, with 58 per cent of participants attending more community gatherings and meetings than non-participants (43 per cent).

Participants in the qualitative research highlighted the program's success in including people of all ages—females as well as males—irrespective of their sporting ability and body weight. Over a third of all program participants are female, and people aged over 35 felt they were encouraged to participate, either by playing or helping to fundraise. By providing women and girls with opportunities to develop their leadership skills and involving them in decision-making, the research shows the program in Nauru is having a positive impact on women's empowerment. For example, female participants were much more likely than female non-participants to feel that they have a say in decisions that affect their community (67 per cent compared to 37 per cent of female non-participants), or their country (51 per cent compared to 36 per cent of female non-participants). This is a significant finding in a nation where there is currently only one female Member of Parliament.

Social Cohesion

The ASOP Pacific Country Programs draw on the convening power of sport to connect youth and adults in inter and intra-village situations, with a view to improving communication and fostering social cohesion. Research into the impact of the ASOP Country Programs on social cohesion was undertaken in Vanuatu, Nauru and Tonga.

On Aniwa Island in Vanuatu, playing sport has created a cohesion and unity that transcends community and religious affiliations. Playing sport together, coupled with the increased social interaction that sports activities encourage, has generated a sense of unity and harmony. According to the research, a most striking impact of the program has been its ability to foster social harmony following a deeply embedded dispute on Aniwa Island, where a chronic legal and cultural row has been waged for many years over access to a lagoon. Until the program has introduced, this long-running disagreement had restricted movement around the island.

The program's "unity" focus however—which is supported by senior traditional leaders and those of the island's nine religious groups—combined with increased opportunities for people to come together regularly through sport, has transformed social relations on the island. Sports competitions have become

important neutral sites and religious groups now come together to fundraise, build churches and in joint worship. Sporting activities are modified to take into account the belief systems of others. Social interaction has also increased considerably as people come together to spectate, officiate or participate in sport. This increased interaction also benefits many social and economic processes, including through opportunities to discuss traditional ceremonies, organise fundraising or religious events, or to trade goods.

In Nauru, research has shown that the program's emphasis on fair play and sportsmanship has brought people closer together and has helped overcome Nauru's history of sport-related violence and fierce inter-district rivalry. By getting involved in the program, participants are not just being physically active—they are building networks and forming friendships outside of their community. Participants in the program now speak about having greater respect for each other and consideration of different points of view, as well as more willingness to work together. For example, program participants are far more involved in social and community meetings than those not involved (58 per cent versus 43 per cent of non-participants).

By creating opportunities for young people to occupy their time after school and on weekends, the program in Nauru has contributed to reducing anti-social behaviour such as drinking and petty crime. As a result, a higher proportion of program participants reported feeling safe in the area where they live. The program has also improved perceptions of community cohesion. Current participants were significantly more likely to feel a sense of community cohesion compared to non-participants, with a higher proportion of program participants feeling they belong to the

community and get on well with people who live near them. Importantly, the majority of current participants also felt they had a say in community decisions, as well as those related to the country.

The program in Tonga has also supported greater cohesion across Tonga. By getting involved, women are not just being physically active; they are building stronger communities, developing their leadership skills, and showing a willingness to collaborate in positive ways across their community. The community-strengthening element of program is prevalent throughout the research, and the program is seen to allow different members of the community, age groups and religious groups to interact and engage on the same level.

“The evidence presented above indicates that by making people aware of the risks of physical inactivity and providing them with opportunities to be more physically active, the ASOP Pacific Country Programs are making a significant contribution to improving the long-term health and well-being of the Pacific. It also shows that the program is addressing barriers to inclusion, building relationships within and between communities, and helping to shift attitudes and change behaviour, particularly towards people with disability and women and girls. Together this provides compelling evidence for the value of sport as a development approach.”

Sport Matters Around the World



It's More than Sport - ChildFund Laos
Youth Outreach Partnership — Save the Children Australia
Challenging Assumptions — CBM Australia
Smash Down Barriers — Table Tennis Australia
Responsible Relationships — The Big Issue
League Bilong Laif — National Rugby League
Pacific in Union — Australian Rugby League
Women's Island Cricket — International Cricket Council
Kau Mai Tonga, Ke Tau Netipoli — Netball Australia



It's More than Sport

ChildFund Laos

This case study is based on activities within a broader Child and Youth Participation project, which is currently being implemented by ChildFund in partnership with the Lao Rugby Federation and Sport Matters in 12 villages in Nonghet District, Xieng Khouang Province in the Lao PDR. Partner communities in this project are rural and remote, with a large proportion of ethnic communities; factors that have a clear correlation with poverty. The project began in January 2012 and will conclude in June 2014. The project aims to increase the capacity of communities to understand child protection issues, facilitate the development of life skills among young people, and increase the opportunities for children and youth to lead, and engage in, sport initiatives. This initiative is an Australian aid project, funded by the Australian Department of Foreign Affairs and Trade.

It's More than Sport

Background

ChildFund Laos has been working in Nonghet, one of the poorest districts in Lao PDR, for the last four years. In our experience, ChildFund has found that village and district structures are not fully utilised to provide community members with opportunities to express their voice. This is largely due to the restrictive political context, language barriers, as well as patriarchal attitudes which prevent the participation of children, particularly girls. Through extensive consultations with youth and children, ChildFund found that these groups have no opportunities to voice their views at the community or district level. The lack of opportunities for children to participate in their communities, and also to engage in recreation and sport activities, has made them vulnerable to growing social problems such as drug and alcohol use and crime. However, ChildFund Laos' experience in Nonghet suggests that adults are willing to encourage the participation of children and young people, and that there is scope within existing community structures to strengthen the voices of children. In light of these findings, this project was developed to increase the capacity of community structures to protect children, and to provide children with the opportunity to participate meaningfully in their communities by leading their own sport activities.

Innovation

This initiative has given young people from ethnic, rural and remote communities the opportunity to participate in organised sport for the first time. The approach has been unique in its employment of a non-traditional sport (rugby union in this case) to get girls involved. This strategy was identified to deal with the gendered perceptions of other sports within the project, which include soccer, rattan ball, and volleyball, and has been successful in providing many girls with their first taste of participation in sport, both as participants and coaches.

Partnerships

The intervention actively engages government partners in the implementation, monitoring and evaluation of initiatives to ensure there is broad support and understanding for activities. An overall project management structure is in place made up of key government officials and community members, which looks at implementation and progress of all ChildFund projects in the area. In addition, the LRF, a key partner, sits under the Ministry of Education and Sport and demonstrates the importance of government partnerships.

Sustainability

ChildFund has taken two important steps in terms of sustainability. Village level capacity is being developed to deliver quality sporting opportunities, with a focus on rugby, through train-the-trainer sessions delivered by the LRF. The LRF provides on-going

technical support for both youth leaders in communities and teachers, to build their knowledge of the sport and also to support the development of coaching skills. Working with the LRF, a national sporting federation under the Ministry of Education and Sport, demonstrates a strong partnership for sustainability. The LRF is the governing body for the sport across Laos, has a mandate to grow the sport nationally, provides a permanent presence for all capacity building support provided by ChildFund, and guarantees a level of quality during coaching.

Impact

The results of research conducted by ChildFund Laos reveals that project activities have positively affected the personal change of young female youth leaders. Sport for development activities have increased the confidence of female youth leaders, enhanced their capacity to express ideas and make their own choices, and increased their ability to support the participation of children in activities within their villages.

"I am more self-confident. For example at school I never answered questions as I was always too afraid, but I'm not afraid now."

Girls' participation in sport activities has also influenced duty bearers' attitudes towards children's participation.



Just Play

Oceania Football Confederation

Established in 2009 by Oceania Football Confederation and Football Federation of Australia, in collaboration with the Australian Government, Australian Sports Commission, the Union of European Football Association (UEFA), UNICEF and the Ministries of Education, Youth, Sport and Health in the Pacific, the Just Play programme has been engaging children aged 6-12 years in football related activities, while also addressing endemic issues. Under the motto “Improving Pacific Children’s Lives Through Football”, Just Play focuses on incorporating key messages into all sessions and activities, helping teachers and volunteers to engage children through active participation.



Just Play

Background

Young people of the Pacific have numerous challenges which expose them to many risk factors as they navigate their way through life. With over 150,000 children participating in Just Play, the programme has identified a critical entry point which works to capitalize on the use of sport as a social development tool. With a focus on four (4) key development objectives, Just Play seeks to address risk factors affecting children in the Pacific. These include:

- Increasing healthy lifestyle choices and the reduction of risk factors associated with NCDs;
- The promotion of gender equality, change in perception of active role players (children, teachers, volunteers, broader community), and the creation of opportunities and pathways to promote the empowerment of girls and women;
- The creation of opportunities, change of perception of active role players (children, teachers, volunteers, broader community) and the promotion of social inclusion of persons with special needs and;
- Increasing understanding of child protection issues and the promotion of safe/protective environments.

Innovation

Making sport fun is the main philosophy guiding Just Play. Recognising that the first ten years of any young person's life is critical to holistic development, Just Play focuses on encouraging children to participate no matter what their skill level. Through the engagement of

children in a series of thirty-four progressive sessions that focus on issues relevant to them and their communities, Just Play focuses on creating a quality environment within which children can learn, grow and play. With the integration of key messages, children learn about healthy lifestyle habits, gender equality, social inclusion, disability awareness and child protection in a positive and meaningful way.

Partnerships

In collaboration with key stakeholders, Just Play has worked hard to become one of the leading sports for development organisation in the Pacific. With key role players including Ministries of Education, Health, Youth and Sport, Just Play is widely recognised for their contribution to sport and broader development objectives. Just Play's contribution has been highlighted on several platforms, including through the Communiqués from the Pacific Island Leader Forum Meetings in Vanuatu in 2010 and Cook Islands in 2012; in publications produced by UEFA; and through the Pacific Youth and Sport Conference.

Sustainability

With the support of the Oceania Football Confederation (OFC) Member Associations in each of the 11-Pacific region countries, the Just Play programme is supported by an in country team. Each Just Play team includes: a Project Manager, Development Officer and Instructor, who are trained and

accredited by both the Just Play programme and the OFC Technical Department. The Just Play programme team in each country works hand-in-hand with their Member Association to implement and adapt the Just Play programme to fit the country context and to develop key partnerships with Ministries, nongovernmental organisations, bodies and institutions that help to enhance programme delivery. Part of Just Play's overall objective is to increase the capacity of teachers and volunteers to deliver quality, meaningful sport interventions. As the direct link between

An external evaluation of Just Play noted that “shared objectives promote a positive relationship between the people of Australia and Pacific Island Countries”, while diplomatically, the programme is seen as a “low risk programme, which includes minimum input and maximum gains.

Impact

151,355 children have participated in the Just Play programme in 11-Pacific Island countries since October 2009; 2,612 teachers and volunteers have been trained; 44 percent of programme participants are girls; and 55 jobs have been created to support Just Play.



Youth Outreach Partnership

Save the Children Australia

The YOPP Sports program sits alongside the YOPP livelihood program and the YOPP DRR initiative to improve the health and livelihood opportunities of Solomon Islanders particularly women and young people. In particular, the sport program exists as a Sport for Development and Peace (SDP) initiative which specifically aims to facilitate the living of healthy lifestyles by young people in communities throughout the Solomon Islands. Alongside this health objective the project aims to enhance the ability of young men and women from target communities to plan, organise, manage and participate in youth-led inclusive sport activities. The project is part of the Australian Sports Outreach Program (ASOP), an Australian Government initiative managed by the Australian Sports Commission and funded by the Department of Foreign Affairs and Trade.

Youth Outreach Partnership

Background

Consultations with communities and key stakeholders revealed sport is a popular pastime in Solomon Islands, with community level activities on most days in most communities. From community level, to national government level, stakeholders were able to identify a number of ways in which sport had contributed to development outcomes in the past. Key themes included:

- Bringing people together
- Encouraging healthy lifestyles, through improved physical health;
- Reduction of alcohol consumption and substance abuse (e.g., marijuana), particularly by young people;
- Skill development, particularly of young people.
- Positive engagement of young people and a reduction in anti-social activities;
- Income generation, through 'cash prizes' and opportunities for small markets in conjunction with games and tournaments.

Save the Children with the Australian Sport Commission believe that the program has also been particularly useful in addressing cross-cutting issues including gender, disability and child protection that are especially pertinent in the Solomon Islands.

Innovation

The program activities include tournaments between YOPP sites, community level sports activities, awareness sessions and advocacy, training for staff and volunteers, and links to

Youth Action Plans and provincial sports activities. The YOPP Sport program exists as the only such program run by an INGO in partnership with government and a number of sporting federations in the Solomon Islands.

Partnerships

Staff and sports volunteers have been successful in linking sport activities with activities at both provincial and national government level. At national level, this relationship building is complicated slightly as sport sits under the Ministry of Home Affairs but sits under the Ministry of Women, Youth, Children and Family Affairs at provincial level. However there have been a number of successes including a national Sport for Development stakeholders meeting attended by 28 participants from 14 fourteen different stakeholders including national sporting federations, government ministries and community based organisations.

Sustainability

The YOPP Sports program uses a Strength Based Approach. By using this approach, it is envisaged the community will feel increased ownership of project activities as they will have significantly contributed through natural and physical assets, skills and network building. The Strengths Based Approach is particularly useful in, focusing on sports already existing inside communities, recognising and using existing community assets, recognising

a number of key resource people reside in communities who can contribute to the project, recognising sport has contributed to community development in the past and building on this and working towards visions for community development, as identified by community members. Whilst youth will be the target, the project works with other community members (older men and older women) to ensure there is support and recognition of youth led sport activities in the villages. The project will establish and/or strengthen community level sports committees, and provide training in areas such as fundraising.

Impact

A manual informing the delivery and implementation of the program was only developed in the last phase (July 2013 – June 2014). The program may have been more effective had this manual been developed earlier and served as an effective guide for implementation of activities by project staff. MOU's with important stakeholders have yet to be signed, although this has not hampered implementation. The division of sport between two ministries at the national government level has made relationship building difficult. Further initiatives in the Solomon Islands should receive extensive government support.



Challenging Assumptions

CBM Australia

The Jharkhand CBR project was started in 2010 by Nav Bharat Jagriti Kendra in response to significant gaps in services and inclusion of people with disabilities in the project area. Jharkhand is rich in natural resources, however as a relatively new Indian state (formed in 2000), infrastructure and services are still very much developing. Jharkhand has one of the highest poverty levels in the country and one of the lowest literacy rates (66.42% in Population Census 2011 (male literacy: 76.84%, female literacy: 52.04%). People with disabilities are rarely included in education, social or employment activities. For example children with disabilities are often kept at home and do not participate in the community or attend schools as families and schools do not always recognise the rights and potential of people with disabilities.

Challenging Assumptions

Background

The project, funded by CBM Australia and the Australian Department of Foreign Affairs and Trade, focuses on access to health, education and rehabilitation for children with disabilities through primary health care and education workers. The project has also been developing Disabled People's Organisations and self-help groups with adults with disabilities and families of people with disabilities to enable income generation and awareness raising in the community.



Innovation

The project specifically encourages marginalised people with disabilities to participate in communal events. As part of this, the project initiated sports days, where people with disabilities come together to play games. Upon commencement, it became evident that the broader community was keen to become involved in these

sports days with many people observing and showing interest in participating. The need for such days for the whole community was recognised by the project. As a result, the sports days have now emerged into inclusive events with all members of a community invited to play sports and games together. Sometimes the days are organised to mark a specific event such as World Disability Day or Children's Day. The games are inclusive of everyone in the community and engage people with and without disabilities.

Impact

At a local community level, sports days have challenged assumptions about people with disabilities being less able. Some games have highlighted the high level of skill involved in compensating for impairments through development of observational skills and directional sense. This has raised community awareness about the capacities of people with disabilities and the strategies that can be used to engage all community members in sporting activities.

Sports days are potentially changing attitudes of people

with disabilities themselves, their families and the broader community through people with disabilities being publically present and active in a community activity. Inclusion goes both ways. In designing activities and events for people with disabilities it is worth considering excluded community members who may want to participate. In this case the need was for a whole community to work and play together and be included in such activities.

At a recent sports day, one of the games played was "hit the target with the stick". Children with vision impairment and children wearing blindfolds played the game together. Children without vision impairment gained an appreciation for the skills and directional sense of the children with vision impairment, who were the ones most able to hit the target!



Smash Down Barriers

Table Tennis Australia

The Pacific Sports Partnership “Smash Down Barriers” Oceania Table Tennis Disability Program is a joint initiative of Table Tennis Australia and Oceania Table Tennis Federation. Funding has been provided through the Department of Foreign Affairs and Trade’s Australian Aid program. The program is designed to strengthen the infrastructure of the targeted Pacific Table Tennis Federations (PTTF) so that they can establish, deliver & expand participation based table tennis programs in special schools, local disability community groups and rehabilitation centres which will contribute in the long term to improving the lives of people with disability (PWD).

Smash Down Barriers

Background

The PSP Smash Down Barriers Oceania Table Tennis Disability Program began in the first quarter of 2014 in Vanuatu. The initial visit was successful in forming a Memorandum of Understanding with the Vanuatu Table Tennis Federation, which will receive PWD-friendly equipment and support to run table tennis activities. Similarly, links with National Disability Partners were established and participation-based activities were conducted with the Vanuatu Society for Disabled People and the Rainbow Group of the Wan Smol Bag organisation. In this initial visit, baseline data on VTTF's organisational capacity and governance was collected. Furthermore, a Child & Youth Protection Policy and an Inclusion Policy were developed with assistance from the OPDO. Additionally, job descriptions were developed to appoint a National Development Coordinator and National Development Officers who will continue to carry out the PSP Smash Down Barriers Program.

Two coaching courses were conducted with sport development officers from the Nabanga program from the Vanuatu Department for Youth Development. This course was conducted by Christian Holtz, the Oceania Para Development Officer and Anolyn Lulu the newly appointed National Development Coordinator. This course focused on

creating and implementing table tennis disability programs in communities around Vanuatu. This initial visit to Vanuatu revealed a number of challenges including lack of accessible transport and inaccessible public facilities and sporting facilities.

Partnerships

In order to achieve the desired outcomes of the program Table Tennis Australia has employed an Oceania Para Table Tennis Development Officer (OPDO) who will spend 6 weeks per year in each of the 4 targeted countries; namely Vanuatu, Papua New Guinea, Fiji and Kiribati. During these visits the development officer will be responsible for establishing a Memorandum of Understanding (MOU) with the targeted Pacific Table Tennis Federations. People with disabilities will be encouraged to be actively involved in all areas of the Pacific Table Tennis Federation's activities including participation programs, competitions, education and administration. Equipment will be provided to the 4 targeted countries including 10 wheelchair friendly table tennis tables, 100 rackets and 3000 balls.

Sustainability

The OPDO will initiate discussions between the targeted PTTF's and the National Paralympic Committees (NPC) with the aim of the PTTF becoming affiliated with their relevant NPC. Further talks will be initiated by the OPDO

between the PTTF's and the National Disability Partners (NDP) within the relevant country with a view of establishing MOU's between the two. With assistance from the OPDO, the targeted PTTF's would then seek input from the NPC and the NDP's to develop a Child Protection Policy and a National Inclusion Policy for table tennis.



Impact

The PSP Smash Down Barriers Oceania Table Tennis Disability Program began in the first quarter of 2014 in Vanuatu. The initial visit was successful in forming a Memorandum of Understanding with the Vanuatu Table Tennis Federation, which will receive PWD-friendly equipment and support to run table tennis activities. Similarly, links with National Disability Partners were established and participation-based activities were conducted with the Vanuatu Society for Disabled People and the Rainbow Group of the Wan Smol Bag organisation. In this initial visit, baseline data on VTTF's organisational capacity and governance was collected.



Responsible Relationships

Australian Red Cross

Throughout May and June 2014, the Vanuatu National U17 Boys Cricket team will participate in a pilot four week Respectful Relationships program that ultimately seeks to prevent violence against women (VAW). This program has been developed by Live and Learn Vanuatu (LLV) in partnership with the Australian Volunteers for International Development program and a grant from Australian Red Cross. While there are many programs that aim to promote the inclusion and empowerment in the Ni-Vanuatu context, few have worked with boys and men specifically, particularly in the prevention of violence against women (VAW) Respectful Relationships is a four-week pilot program that seeks to challenge the attitudes and behaviours that contribute to, perpetuate, or cause VAW.

Responsible Relationships

Background

Recent years have seen a shift in the focus of violence prevention from women and girls as victims and survivors, to men and boys, not simply as potential perpetrators but also as potential active bystanders and change makers. It is commonly accepted that the causes of VAW are gender inequality and traditional notions of masculinity. It follows, then, that any program that seeks to reduce or prevent VAW must promote gender equality and provide alternate and broader concepts of masculinity. Throughout May and June in 2011, the Vanuatu Women's Centre (VWC) conducted a survey exploring the prevalence of violence against women in Vanuatu. It found that 60% of the women surveyed had experienced physical and/or sexual violence at the hands of a partner at some point in their lives, while 45% had experienced physical and/or sexual violence within the previous 12 months. Of those women who had experienced violence, 90% experienced 'severe' violence, such as being punched, kicked, choked, burnt or hit with a hard object. As with all physical violence, it was accompanied by significant levels of emotional abuse and control. 41% of the women surveyed have been injured at least three times in their life as a result of physical or sexual violence from their partner. Moreover, 48% had lost consciousness at least once, and 21% now have a permanent disability.

Significant rates of non-partner violence were also recorded in this survey, with 28% of women having experienced physical violence, and 33% having experienced sexual violence at the hands of a non-partner. There was no significant difference in violence rates between rural and urban areas.

Innovation

The Respectful Relationships program was developed through two key phases. The first was an extensive consultation phase that included the International Women's Development Agency (IWDA), UN Women, Oxfam, CARE International, and the State Prosecutor's Office. The second phase was a review of similar programs and resources that have been implemented elsewhere. This included the Live and Learn Solomon Islands 'Men against Violence against Women' program, the 'Rugby League against Violence' program in Papua New Guinea, the East Timor Justice Sector Support Facility 'Working with Men Pilot Program' and many of the Partners for Prevention online resources. These two phases ensured that the program was context specific, best practice and was supported by the key agencies throughout Vanuatu. Previous attempts to work with men and boys to prevent VAW, however, have shown that there is benefit to not introducing concepts of violence from the beginning, as an attempt to avoid defensiveness from the participants. Therefore, the

first two weeks do not speak about violence at all, but rather focus on issues that relate specifically to the participants, such as decision-making, roles and expectations in the community and household, and what it means to be a man. The following two sessions then explore sexual relationships and consent, sexual and reproductive health, and family violence, all of which link back to the concept of a 'good man'. In the Vanuatu context, few have worked with boys and men specifically, particularly in the prevention of VAW.

Partnerships

Luke Ablett is in Vanuatu through the Australian Volunteers for International Development program, an Australian Government initiative. His assignment is supported by Australian Red Cross. He played 133 games with the Sydney Swans Football Club, including the 2005 Premiership, and previously worked on the AFL's Respect and Responsibility program, working with men in Australian Football to prevent violence against women.

Sustainability

The program is discussion and activity based, with no PowerPoint or audio/visual equipment required. Each of the four sessions will run for approximately one hour. The program will be delivered by two staff members, one male and one female, from Wan Smol Bag (WSB), a theatre, youth and sports centre, based in Port Vila.



League Bilong Laif

National Rugby League

The Australian NRL's Rugby League in Schools Pilot Program - branded as League Bilong Laif (League for Life) is engaging a new generation of primary school students throughout PNG in rugby league. League Bilong Laif (LBL) aims to improve the quality of education for girls and boys of all abilities in PNG through rugby league and related activities and increase the capacity of teachers to conduct rugby league based activities in the school environment. It also provides opportunities for women to forge a career in the game and is introducing a whole new generation of female participants to the sport. Development officers also deliver key social messages on 'Respect' and the 'Importance of Education for all Papua New Guineans' in addition to identified school specific messages such as anti-bullying throughout the program.



League Bilong Laif

Background

LBL is a five session (non-contact and non-competitive) program that includes on field and in classroom activities and utilises a range of rugby league themed educational materials that the NRL have developed with Macmillan Education Australia such as the Rugby League Reads magazines that encourages healthy lifestyles and boosts their physical, social, literacy and math skills.

Innovation

League Bilong Laif utilise a range of rugby league themed educational resources to better engage students in and out of the classroom; provide positive social messages that are delivered throughout the program and by PNG Hunters players at the end of each term at special school assemblies and other special events throughout the year; and have a female and male development officer at each session to promote gender equality and positive role models for either sex.

Partnerships

LBL is a three-way partnership between the Australian Government - represented by the Australian Sports Commission, PNG Government - represented by the National Department of Education and the Australian Rugby League Commission - represented by the NRL. The three year pilot program (2013-2016) is funded by the Australian Government's Aid program through the Department of Foreign Affairs and Trade. The NRL employs

staff directly in PNG to deliver the program, making it a PNG led initiative to build the capacity and skills of local staff. The NRL have established a partnership with the University of PNG, where it has based its head office for PNG, as well as housing staff for the National Capital District. The NRL has an established a regional office in East New Britain and will set up further offices in Eastern Highlands and the Autonomous Region of Bougainville as it continues to expand.



Sustainability

LBL trains teachers on how to run the program and then gets them actively involved and mentors them through the five session program. Schools are left with a resource pack so teachers can continue to deliver the program and ongoing support, resources, training and follow up visits are provided by the NRL Development Officers. The program is entirely led and managed by Papua New Guineans in PNG, building local skill and capacity. The NRL works with the national federation, the Papua New Guinea Rugby Football League to build their skill and capacity with the aim to partner in the delivery of the program in the future.

Impact

Since the program commenced, over 5,000 students have completed the LBL program and 200 teachers have been trained from the 12 schools that have participated to date. 50% of program participants have been female (most having their first ever rugby league experience) and 75% of the teachers trained have also been female. As a direct result of the teacher training 100% of participants believe you can achieve educational outcomes through rugby league and 100% stated will now use rugby league activities with their classes. 89% would use both on the field and in the classroom activities. 85% of participants are more confident to run activities and 89% are now confident (compared to 60% pre course) to run rugby league activities with their classes. Female and male development officers have proved as equally as popular as each other by working side by side at each session and creating a positive environment. Teachers want to use rugby league to better engage students in the school environment but don't have the appropriate training to do so. This is shown by 88% of teachers receiving first ever training in rugby league (100% for females) and 84% wanting to receive training. 100% of teacher training participants would recommend the course to other teachers. The plan is for the program to imbedded into the PNG curriculum and be funded past 2016.



Pacific in Union

Australian Rugby Union

The Pacific in Union (PiU) project falls under the banner of the Pacific Sports Partnerships. The PiU program launched in 2012 and involved the Australian Rugby Union working in conjunction with the International Rugby Board (IRB) and National Rugby Union Federations to deliver three key program objectives: contribution to social development outcomes; increased participation in rugby union and; developing the capacity of the National Rugby Union.



Pacific in Union

Background

Using the Pacific in Union program as a good example, the role that the ASOP plays in adhering to key factors influencing development can be identified. The PiU program allows community involvement from a grass roots level and empowers local people to become involved in their community whether it be as a participant, official or parent. The program is holistic and builds independence by creating enjoyable and sustainable outlets for social inclusion. Perhaps most importantly the program is apolitical and creates cohesion rather than tensions. Rather than forming any kind of dependency, the approach used by PiU demonstrates that capability enhancing local communities will lead to natural development. These programs are run on small budgets and require minimal staffing so locals are given the chance to take ownership of the concept. PiU consists of a number of programs including; Rugby4Schools, Rugby4Communities, teaching programs, Adopt a School and Talent Development Programs (TDP).

Innovation

Working with local communities and schools, Rugby4Schools and teaching programs are tailored to the local cultural and social environment. This is achieved through a participatory approach, for example, when establishing pilot school programs, first steps involve engaging teachers and principals

through meetings to tailor programs to the school. PiU provide mechanisms and structures to increase participation in physical activity through rugby and educate students through lesson plans on various healthy lifestyle practices. PiU also provides education through professional development for staff and encourages community participation through opportunities for volunteers, in particular parents, youth, and women.

Partnerships

PiU staff are encouraged to build relationships with local stakeholders and not-for-profit organisations including the local Rotary International, Cancer Society and DFAT representatives, to encourage mutually beneficial partnerships and integrate the programs as much as possible with the community. Improving health outcomes and education in Papua New Guinea, Solomon Islands and Samoa are central to PiU and align with their aim of contributing to social development outcomes.

Sustainability

Pacific in Union is an example of the effective use of sport incorporating participatory practices to enhance social capital and foster local ownership of programs, to work towards social development outcomes.

Impact

Reporting and accountability are also central practices within PiU, and essential

elements of an effective development program. This occurs through staff being responsible for interim reports, targets and action plans and ultimate accountability occurs through reporting mechanisms mandated by the PSP, ASOP and Australian Government.

There is evidence however, to suggest that the project has enabled some greater participatory success. Bougainville is a good example of this.

In the specific case of Bougainville, the local Rugby Union reports the following progress:

- Autonomous Region of Bougainville (ARoB) Rugby Union wrote a strategic plan to use Rugby as a means to “bring people together” in early 2013, following the civil war of the late 1990’s.
- With the assistance of PNG Rugby Football Union (PNGRFU) they approached the local Ministry of Education and had the PiU classroom and field curriculum endorsed for the schooling system.
- In March 2014 the ARoB Rugby Union sent two female 7’s teams to the National 7’s championships in Port Moresby and both the U16 and U19 teams won the championships.
- In 2014, ARoB Development staff have provided Rugby activities for 560 children under 9 years; 637 children from 10-15 years and 1,292 children over 16 years. They have also in-serviced 20 teachers across the region.



Women's Island Cricket

International Cricket Council East Asia Pacific

Women in Vanuatu and Fiji are engaging in important physical activity and learning the benefits of a healthy lifestyle and diet thanks to an innovative project that has capitalised on the growing popularity of cricket in the Pacific. The Women's Island Cricket Project emerged as a result of the Australian Sports Commission (ASC) and International Cricket Council (ICC) East Asia Pacific (EAP) identifying the potential for cricket to increase female participation in sport through a historic, modified form of the game, while contributing to the health of specific Pacific island populations. The Vanuatu Cricket Association and Cricket Fiji programs are supported through the ASC's partnership with the ICC EAP as part of the DFAT funded Australian Sports Outreach Program (ASOP) Pacific Sports Partnerships (PSP).



Women's Island Cricket

Background

The programs have ranged from 15-20 weeks in duration. They include weekly island cricket training sessions and homework exercise tasks. A practical health component is also included each week. These are made up of information/awareness sessions delivered by NGOs and a six week practical nutrition class. Participants are tested every fortnight for weight, blood sugar level, blood pressure and waist measurement.

Innovation

The program was launched by the Vanuatu Cricket Association (VCA) in 2012 through an innovative cross-sectoral alliance to provide middle-aged women on Ifira island, near Port Vila, with regular opportunities to be involved in physical activity. The program has since expanded to three more communities in Vanuatu (Seaside, Pango, Mele) and also to Dravo Village in Fiji.

Partnerships

Government in both countries have demonstrated strong interest in the program and invested staff and resources into the programs. Ministry of Health staff has been involved in fortnightly health testings of participants and have provided all medical equipment required. They have also supported the expansion of the program to new communities in Vanuatu and been involved in planning and identification of the new locations.

Sustainability

The VCA and Cricket Fiji has partnered with a range of development sector organisations and government departments to design, develop, implement and evaluate the project. The VCA brokered partnership arrangements with a broad range of government and non-government expertise including: WHO; Ministry of Health; Wan Smol Bag; UN Women; Department of Women's Affairs; Save the Children; Department of Youth and Sport and the Lapita Cafe. Representatives from each partner contributed to the planning and implementation of the project in an attempt to ensure the project was targeted, effective and properly evaluated. Cricket Fiji partnered with the Ministry of Health, the Consumer Council of Fiji and Empower Pacific.

Impact

Baseline data was collected for each participant for weight, waist measurements, blood sugar levels and blood pressure. The projects have all been conducted over a 15-20 week period with data collected against the same criteria at the end of the project yielding the following results across the two countries: In Vanuatu to date approx 50 per cent of participants have lost weight; 70 per cent had reduced waist measurements; 42 per cent recorded lower blood sugar levels; and 65 per cent recorded lower blood pressure. In Fiji 40 per cent have lost weight, 30 per cent

had reduced waist measurements, 44 per cent lowered their blood pressure. In cases where participants recorded dangerously high blood pressure, the participants are immediately referred to Hospital for treatment. It was noted by the project partners specialising in health that the project provided a valuable and rare opportunity for direct access to the target participants (middle-aged women) to conduct health checks. As well as the above quantitative data, the projects evaluation included focus group discussions with project participants and interviews with representatives from the various partners, including community representatives. These discussions revealed qualitative evidence from both the project participants and other community members that the understanding of health-related behaviour amongst some participants had improved and some participants were using this new knowledge to undertake changes in their behaviour.

Women from Vanuatu project are still involved two years later. Women are participating more often in more exercise. Women are cooking affordable nutritious meals. Men are supporting women to be involved in the project.



Kau Mai Tonga, Ke Tau Netipolo

Netball Australia

Kau Mai Tonga, Ke Tau Netipolo (KMT), which means ‘Come On Tonga! Let’s Play Netball!’, is a sport for health program that has been utilising netball as the primary tool of engagement since 2009. Tonga has the second highest prevalence of obesity in the world — due at least in part to changing lifestyles, worsening diets and declining physical activity levels. KMT is a targeted NCD intervention program that focuses on increasing physical activity levels among 15 to 45-year-old Tongan women, through netball. The program uses integrated mass media and community mobilisation activities to influence socio-cultural attitudes towards women and girls being active. KMT is a joint initiative of the Governments of Australia and Tonga, in partnership with Netball Australia through the Australian Sports Outreach Program (ASOP), with the aim of contributing to the NCD objectives of the Government of Tonga.



Kau Mai Tonga, Ke Tau Netipolo

Background

Women in Tonga are considerably more sedentary than men for a variety of social and cultural reasons, one of which is that sporting activities are often designed for and dominated by men. 54 per cent of Tongan woman have low levels of physical activity, compared with 32 per cent of men (WHO 2004). As such, the campaign was designed specifically to redress these issues by making physical activity an acceptable, accessible and desirable option for women and girls, through netball. TNA was a relatively new organisation and after a governance review, recruited and trained three full time female staff members and up-skilled local coaches, umpires, bench officials, administrators and team managers. TNA now has 55 qualified umpires and 32 Level 1 accredited coaches.

Innovation

The program delivers an annual 6 week mass-media campaign 'phase' followed by large scale netball carnivals across Tonga. These campaigns are designed to raise women's desire to be physically active by increasing their knowledge about the health risk of being inactive, improving their attitude towards physical activity and thus impacting on their health related behaviour. Phase 1 of the campaign in 2012 incorporated a role model, former Australian netballer of Tongan heritage Mo'onia Gerrard, making a call to

action for women to form netball teams and register for the upcoming carnival. Phase 2 used a health threat appeal. The Phase 3 campaign is a 'community appeal' with public figures (including men) encouraging women and their communities to enjoy and support netball. Together with public relations events, the media campaigns comprise television and radio advertisements and programs, outdoor (billboard) and promotional material components. The program provided 200 netball 'toolkits' including equipment, merchandise and rules and information in the local language to teams registering for KMT netball carnivals. TNA has up-skilled 22 Mobilisers so far in netball coaching, umpiring and administration as well as child protection and first aid, and TNA staff provide ongoing mentoring.

Partnerships

The program is delivered by the Tongan Ministries of Internal Affairs (MIA) and Health (MoH) and the Tonga Netball Association (TNA). The innovative partnership model that involves health, government and sporting partners was recognised by the WHO with a 'Best Practice' award through the Healthy Islands Recognition program.

Sustainability

KMT works with the MoH's NCD nurses located in clinics throughout Tonga, to provide ongoing links between women and the nurses in their community. The nurses

screen women at netball events and educate them about NCDs. There are then awards for the individuals and teams who have reduced their BMI and mean waist measurement the most across all of TNA's events, to encourage ongoing participation.

Impact

KMT has significantly increased the understanding of Tongan women of the health risks of physical inactivity, and has contributed to changes in community norms around women and girls being physically active. This is resulting in more women and girls participating in and leading recreational physical activity and thus reducing their risk of acquiring NCDs. KMT is an evidence-based intervention, which uses quantitative and qualitative evidence from previous phase national evaluations to determine the shape and form of the program. This includes assessing changes in the knowledge, attitudes and behaviours of Tongan women aged 15 to 45 years with regards to physical activity, and netball in particular, using a nationally representative survey and semi-structured interviews. The research findings indicated that 40 per cent of all women in the target age group took part in physical activity on three or more days of the previous week, and overall 58 per cent reported undertaking at least some physical activity in the previous week.

• LINKS & ACKNOWLEDGEMENTS •

Links

Australian Football League	www.afl.com.au
Australian Red Cross	www.redcross.org.au
Australian Rugby Union	www.rugby.com.au
Australian Sports Commission	www.ausport.gov.au
CBM Australia	www.cbm.org.au
ChildFund Australia	www.childfund.org.au
Football United	www.footballunited.org.au
International Cricket Council – East Asia Pacific	www.icceap.com
Oceania Football Confederation	www.justplayofc.org
National Rugby League	www.playrugbyleague.com
National Rugby League One Community	www.nrl.com/onecommunity
Netball Australia	www.netball.com.au
Save the Children Australia	www.savethechildren.org.au
Sports Without Borders	www.sportswithoutborders.org
Table Tennis Australia	www.tabletennis.org.au
The Big Issue	www.thebigissue.org.au

Australian Council for International Development
www.acfid.asn.au

Department of Foreign Affairs and Trade
www.dfat.gov.au

International Platform on Sport and Development
www.sportanddev.org

Sport Matters
www.sportmatters.org.au

United Nations Office of Sport for Development and Peace
www.unosdp.org

Acknowledgements

This publication was developed in conjunction with The Power of Sport breakfast hosted on 18 June 2014 at Parliament House in Canberra, Australia. Sport Matters is grateful to each contributor for their valuable content and to the event partners Australian Football League, ChildFund Australia and the Australian Council for International Development.

Photo Credits

Sport Matters would like to acknowledge the following organisations that provided photos for this publication:

Australian Football League, Australian Rugby Union, Australian Sports Commission, CBM Australia
ChildFund Laos, Football United, International Cricket Council East Asia Pacific, The Big Issue
National Rugby League, Oceania Football Confederation, Sports Without Borders
Table Tennis Australia, The Big Issue

• ACRONYMS •

ACFID	Australian Council for International Development
AFL	Australian Football League
AMF	Australian Multicultural Foundation
ARC	Australian Red Cross
ARoB	Autonomous Region of Bougainville
ASC	Australian Sport Commission
ASOP	Australian Sports Outreach Program
CALD	Culturally and Linguistically Diverse
CBM	Christian Blind Mission
CBR	Community Based Rehabilitation
DFAT	Department of Foreign Affairs and Trade
DIAC	Department of Immigration and Citizenship
DRR	Disaster Risk Reduction
DPCD	Department of Planning and Community Development Program
FIFA	Federation International de Football Association
ICC	International Cricket Council
ICC EAP	International Cricket Council East Asia Pacific
ILIH	In League In Harmony
INGO	International Non-Governmental Organisation
IRB	International Rugby Board
IWDA	International Women's Development Agency
KMT	Kau Mai Tonga, Ke Tau Netipolo
LBL	League Bilong Laif
LRF	Lao Rugby Federation
LLV	Live and Learn Vanuatu
MIA	Ministry of Internal Affairs
MOH	Ministry of Health
MOU	Memorandum of Understanding
MRC	Migrant Resource Centre
NCD	Non-communicable disease
NGO	Non-governmental Organisation
NPC	National Paralympic Committee
NRL	National Rugby League
NSW	New South Wales
OFC	Oceania Football Confederation
OPDO	Oceania Para Table Tennis Development Officer
PDHPE	Personal Development, Health and Physical Education
PiU	Pacific In Union
PNGRFU	Papua New Guinea Rugby Football Union
PNG	Papua New Guinea
PSP	Pacific Sports Partnerships
PTTF	Pacific Table Tennis Federations
PWD	People with disabilities
SITS	Social Inclusion Through Sports
SDP	Sport for Development and Peace
SWB	Sports Without Borders
TDP	Talent Development Programs
TNA	Tonga Netball Association
UEFA	Union of European Football Associations
UNICEF	United Nations Children's Fund
UNOSDP	United Nations Office of Sport for Development and Peace
UNSW	University of New South Wales
VAW	Violence against women
VCA	Vanuatu Cricket Association
VWC	Vanuatu Women's Centre
WHO	World Health Organization
WSB	Wan Smol Bag
YOPP	Youth Outreach Partnership Program



“SPORT HAS THE POWER
TO CHANGE THE WORLD

IT HAS THE POWER TO

INSPIRE

IT HAS THE POWER TO

UNITE

IN A WAY THAT LITTLE ELSE DOES.”

NELSON MANDELA