

# FOR EXAMPLE

## WOMEN ON THE MOVE: FROM SOUTH SUDAN TO UGANDA

In South Sudan, 40 years of civil war combined with renewed violence since independence have traumatised the population. Many women experience constant pain, anxiety and insomnia. Alcoholism and domestic violence are also widespread. With the Women on the Move project, SAD uses sport and play to support women affected by war and violence. This approach started in South Sudan 2012 in partnership with the local organisation Community Psychosocial Support Organisation (CPSO), and it is now continuing in Uganda.



What has happened so far? When the conflict escalated in South Sudan in 2016, the Women on the Move project was about to end. Alongside the violence, drought and famine forced people to flee. But a few months later, former project participants in a refugee camp in Uganda resumed sport and play activities. This helped them to overcome the renewed trauma and the effects of their past experiences, and to better cope in their daily lives.

## PSYCHOSOCIAL SUPPORT FOR WOMEN AND THEIR FAMILIES

What began voluntarily was then extended thanks to the commitment of the refugees and the support of SAD, resulting in the launch of the Women on the Move Uganda project. The majority of refugees in Uganda are women and children. Many of them are traumatised – including from the experiences they have had as refugees – and need support in dealing with their trauma. SAD supports their psychosocial wellbeing: through sport and play, they regain a feeling of normalcy.

As a result, women develop new coping strategies, which make it easier for them to carry out their daily activities. They feel less stressed and anxious, and they can concentrate better on their tasks and find the strength to do them. Women on the Move has also enabled the creation of savings and credit groups. These give the women the opportunity to open their own small businesses and supplement their income.



-  **WOMEN ON THE MOVE**
-  **SOUTH SUDAN / UGANDA**
-  **HEALTH**



 **SWISS  
ACADEMY  
FOR  
DEVELOPMENT**

**SPORT AND PLAY  
FOR SUSTAINABLE  
DEVELOPMENT**

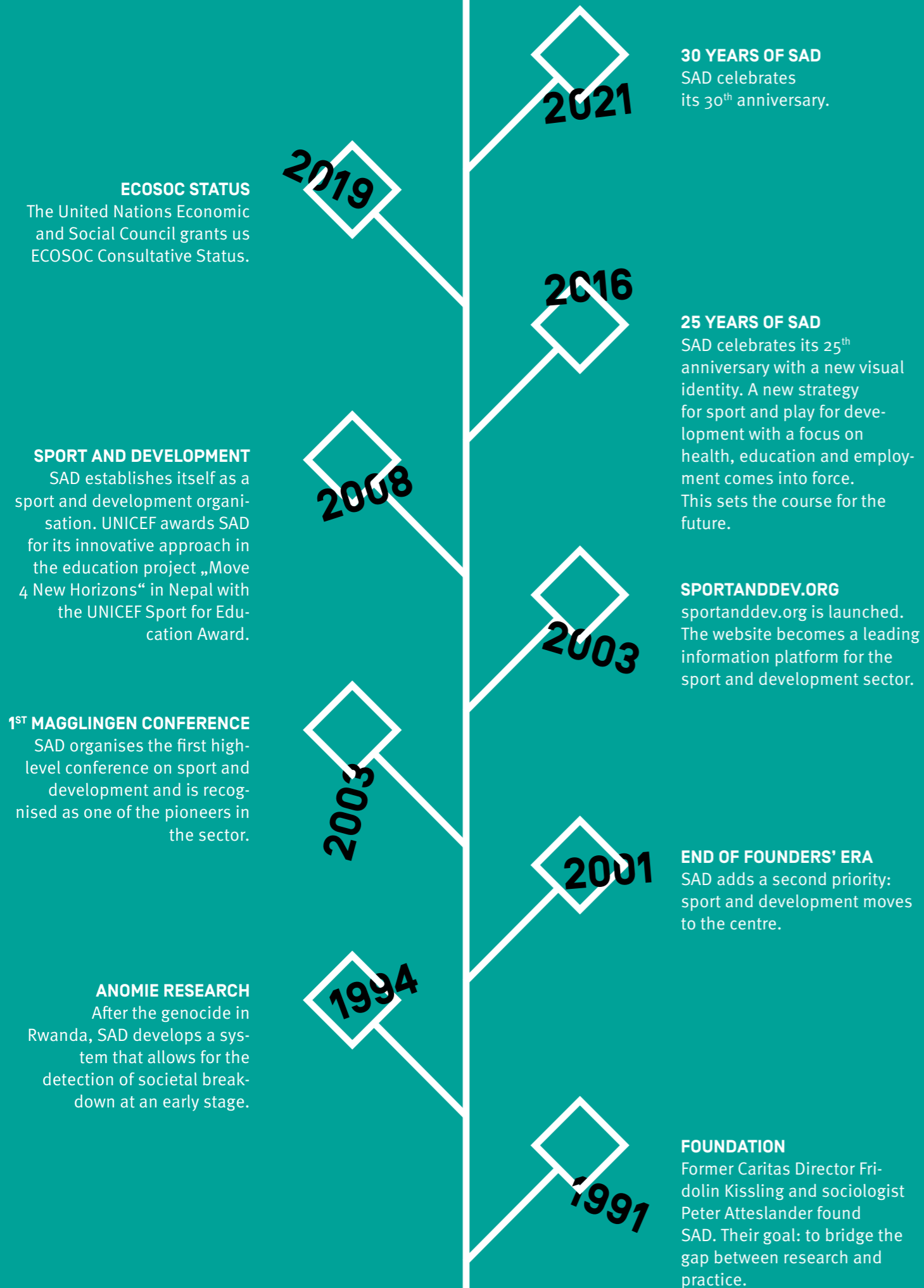
**30**  
YEARS OF  
EXPERIENCE

**9,500**  
MEMBERS ON  
SPORTANDEV.ORG

**102**  
PROJECTS

FOR FURTHER  
INFORMATION VISIT  
[WWW.SAD.CH](http://WWW.SAD.CH)

# OUR HISTORY



## OUR FOCUS



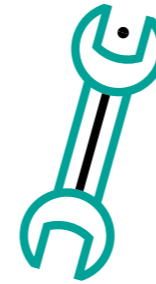
### HEALTH

Because health is crucial for a self-determined life.



### EDUCATION

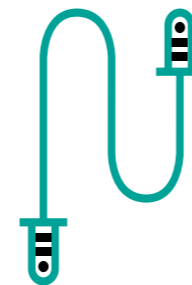
Because quality education can prevent poverty.



### EMPLOYMENT

Because young people want to stand on their own two feet.

## OUR APPROACH



### SPORT AND PLAY

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

## OUR PARTNERS

We work with local partners on an equal footing, encouraging participants in the project and local organisations to take ownership. That way we guarantee the sustainability of our development work. When local people, NGOs and authorities are involved in planning and implementation, they gain knowledge and resources that can be used after the project has ended.

## OUR SERVICES

We have specialist knowledge in

- Capacity building in project countries
- Project management and implementation
- Monitoring und evaluation
- Practice-based research

## ABOUT US

The Swiss Academy for Development (SAD) is a centre of excellence for sport and development. We use sport and play to empower disadvantaged children and young people in Switzerland and internationally to become healthy, educated and employed citizens. SAD was founded in 1991 as a not-for-profit foundation and is based in Biel/Bienne, Switzerland. We are ZEWO-certified (Swiss seal of quality for not-for-profit organisations).

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