



Grupo Desportivo De Manica

Changing lives through football

Grupo Desportivo De Manica (GDM) is a football club committed to delivering sports-based programmes around health, education and gender that provide opportunities for children and young people in Manica to achieve their potential.

WHY WE EXIST

Manica is a poor, rural area in Mozambique, a country still recovering from a devastating Civil War (1977-1992) that left deep scars. Today, 46% of people live in poverty, only 24% have access to electricity and 39% of the population have unimproved sanitation facilities (UNDP). Furthermore, there is an HIV prevalence rate of 12.6% (UNAIDS) and over 50% of families are food insecure (UNICEF). With one of the world's highest rates of youth illiteracy at 29% (UNICEF) and high youth unemployment skilled jobs and sustainable livelihoods are out of reach for most young people. In Manica many of the youth we engage are socially excluded, have limited access to school, are under-nourished and face violence at home.

At GDM we believe that football is one of the most effective tools for developing children & young people, and for creating opportunities for them to pursue a brighter future for themselves, their community and their country.

We use 'the beautiful game' to engage girls and boys aged 6-17 in a range of football-based programmes with the following aims:

- To improve the long-term physical & mental health chances of participants
- To improve the educational outcomes and career potential of participants
- To promote gender equality and empower girls & young women to be active members of society.

These objectives contribute towards, and are aligned with, the following Sustainable Development Goals:



HOW WE CHANGE LIVES

Football is the entry point to a wide range of development opportunities and programmes including:

- Regular football coaching, training & tournaments including recreational and competitive opportunities.
- The football3 Curriculum which is focused on fair play, equality and teamwork.
- The GDM Life-skills Curriculum with sessions on skills such as communication, leadership, gender equality and self-confidence as well as health-based activities covering topics such as HIV prevention, hygiene & sanitation and nutrition.
- Educational lessons including English, Portuguese and Computing.
- Gardening and planting lessons to teach young people skills to cultivate their own fruit and vegetables at home, alongside wider environmental education.



Sessions are delivered by our team of inspirational coaches, who are typically young people from the local community who are able to understand the challenges faced by participants. Each young person has an individual development plan designed to support their journey through our programmes based on their specific needs.

In delivering these activities we work closely with partners including local schools, Manica municipality, the Provincial Football Association and Youth & Sport Department. We have also been funded by the Laureus Sport for Good Foundation, the Arsenal Foundation and Barclays. We are proud members of streetfootballworld, a global network of leading organization's using football for social change.

OUR IMPACT

More than 1,000 young people have already graduated through GDM's health & life-skills curriculum with 18 peer educators trained as coaches. Over 200 youth have completed a computer literacy course and more than 300 have successfully gained certificates for language courses.

Monitoring & Evaluation includes pre and post questionnaires and focus groups which enable us to measure changes in knowledge and behaviour change of participants during and beyond the duration of their involvement.



HOW YOU CAN HELP US

We are seeking partners and funders to help us expand the reach of our programmes.

For more information and for details about how you can get involved:

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