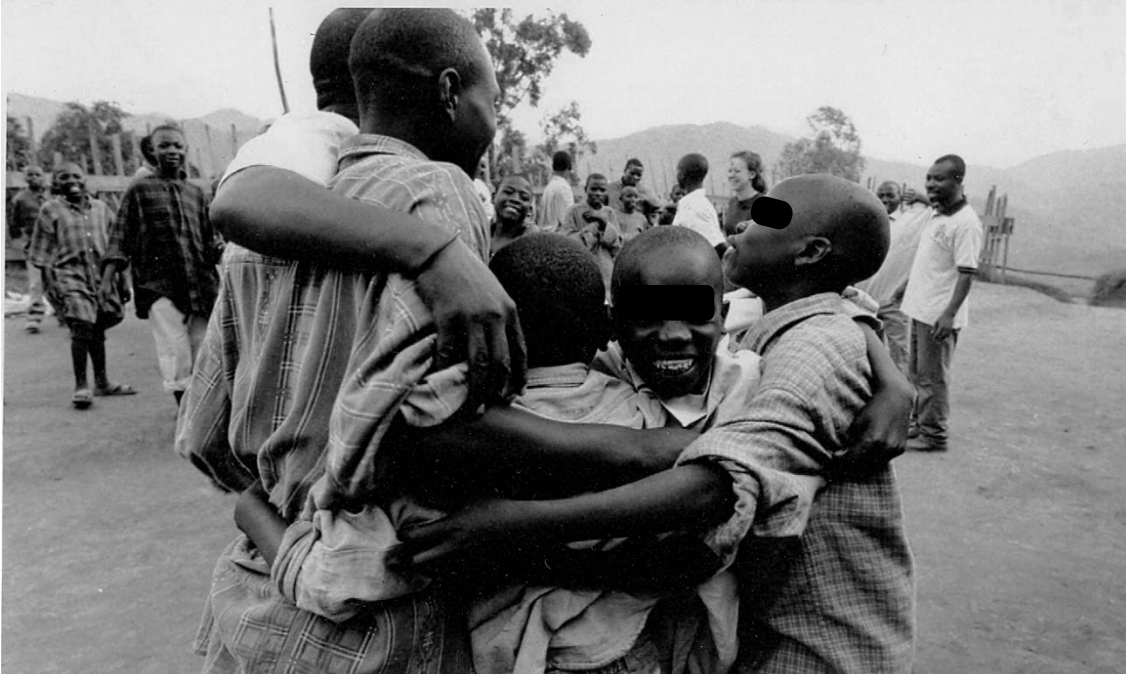


Rheinsberg 2011, Communities and Crisis,  
Inclusive Development Through Sport



**WAR GAME.NO MORE!**  
guiding Former Child Soldiers to re-discover nurturing social relationships



Prof. **Nicola Rovetti**. Project Founder and Coordinator  
**Andrea Brunelli**, Phd Student, M&E and Training support

**Location:** Democratic Republic of Congo,  
Maniema Region, Kindu Communities

**Target Group:** Former Child Soldiers (FCS)  
Boys and Girls, age 13 – 18 years old

**Methodology Delivered :** Sociomotricity





**Mission:** using the potentialities of Sport & Play Activities to foster positive and transferable changes in the attitudes and behaviors of Former Child Soldiers

**Time Frame** start 2008 - until 2012 , extention 2013-2015

**Direct Beneficiaries:**

- Boys and Girls , 13 - 21 years old, mobilized from the rebel groups

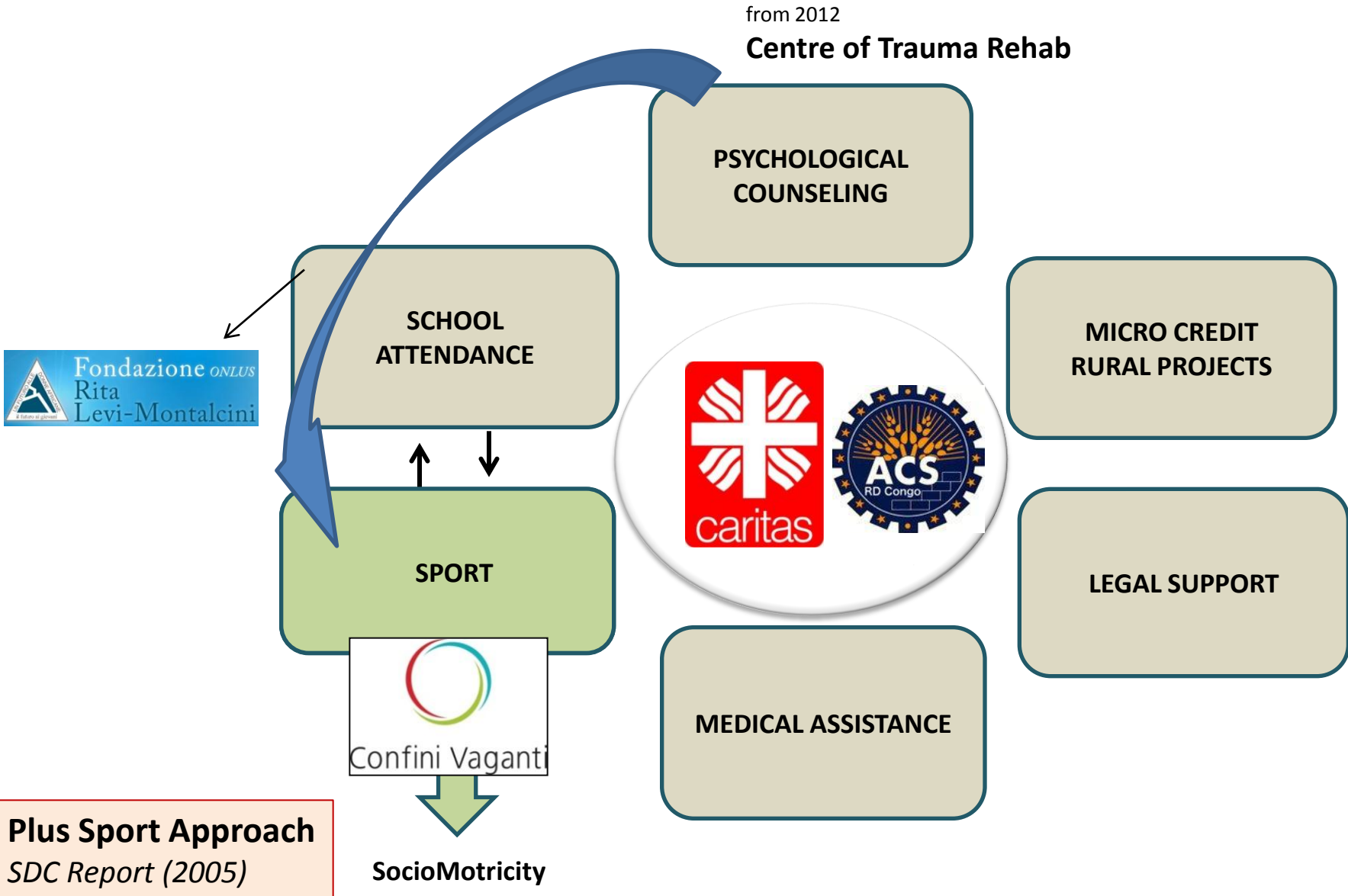
To be **re-integrated into their own communities** and educated to '*normal life*' habits

- The '*Equipe de Jeu*' : 4 Local Sport Educators, delivering activities, FCS as well

**Indirect Beneficiaries :**

- Other non-FCS Students
- School Teachers
- Communities / Families (?)

# Project Structure



from 2012  
**Centre of Trauma Rehab**

**PSYCHOLOGICAL  
COUNSELING**

**SCHOOL  
ATTENDANCE**

**SPORT**

  
**Confini Vaganti**

**SocioMotricity**

**MICRO CREDIT  
RURAL PROJECTS**

**LEGAL SUPPORT**

**MEDICAL ASSISTANCE**

 **Fondazione ONLUS  
Rita  
Levi-Montalcini**

**Plus Sport Approach**  
*SDC Report (2005)*

# Implementation Framework



Logistic Support



M & E Analysis

Provides Training

2 International Volunteers



Coordinate



Equipe de Jeu

Deliver

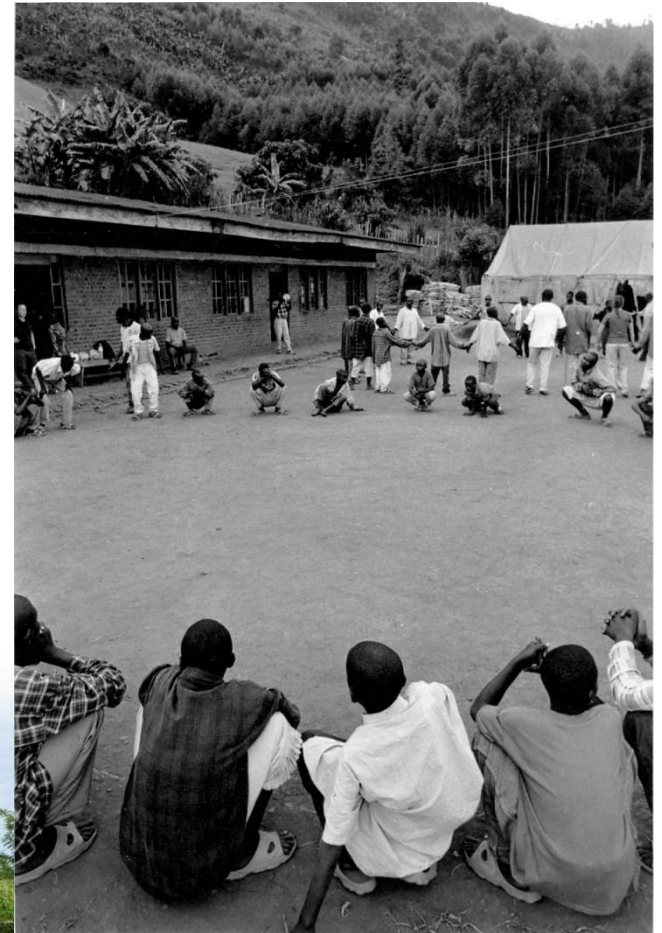


Support

Local Logistic  
Local Psychologist  
Cook  
Drivers

## The activities delivered

- Integrated PE lessons in the schools with FCS
- Afternoon activities only with FCS
- During the school holidays : *Colonies de Vacances*
- To be happening: Construction & activities  
in two Sport Centers



**Sport Plus Approach**  
*SDC Report (2005)*

## WGNM Evaluation Model

### Location and Timing

Kindu Villages,  
Coloniè, Summer 2010 , 2011

### Subjects

2010: 50 (28 M / 22F al FCS)  
2011: 145 (81 M/ 64 F, 89 FCS)  
age range 10-19

### Tools

Rosenberg Self Esteem Scale  
(*Rosenberg M., 1965*)

PACES (Physical Activity Enjoyment Scale)  
(*Moti et al., 2001*)

SDQ (Strenghts and Difficulties Questionnaire)  
(*Goodman, 1997*)

## What is Monitoring & Evaluation?

**M** → is an ongoing process to assess the extent to which the programme is performing as expected.

**E** → the extent to which the programme has achieved its overall aims.  
(*Coalter, 2002*)

## WHY M&E→

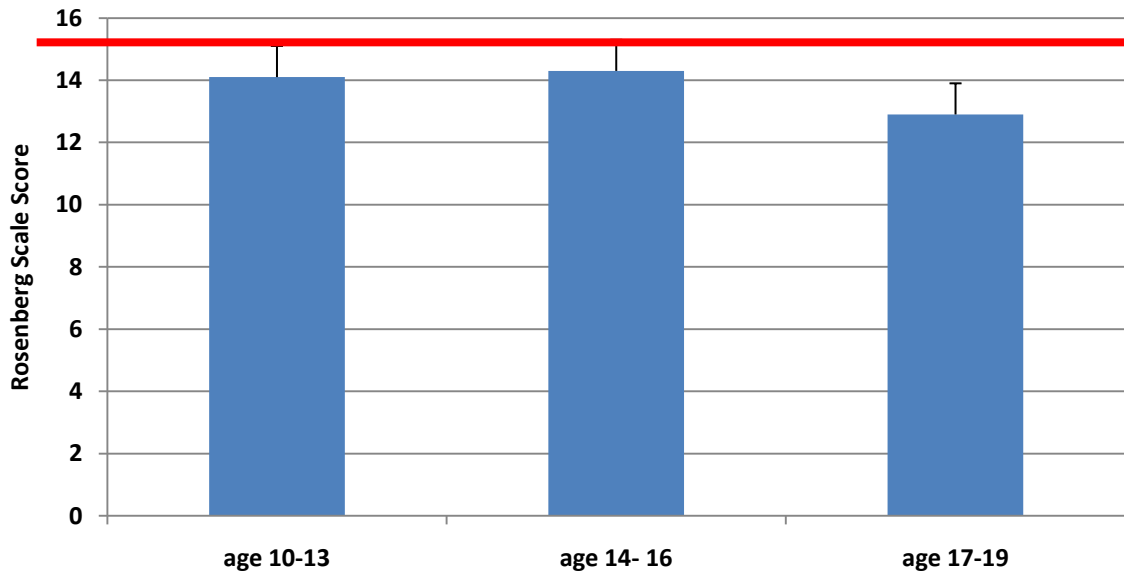
- To learn how to improve the project
- To convince partners / donors activities are effective



**Rosenberg  
Self Esteem Scale**

Circle one response for each of the following ten items.

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
1. I feel that I am a person of worth, at least on an equal basis with others.	1	2	3	4
2. I feel that I have a number of good qualities.	1	2	3	4
*3. All in all, I am inclined to feel that I am a failure.	1	2	3	4
4. I am able to do things as well as most other people.	1	2	3	4
*5. I feel I do not have much to be proud of.	1	2	3	4



\* Histograms refers to the total score on the Rosenberg scale calculated according the test instructions.

Normal Healthy Limit  
for non-Africans

*Coalter F.(2010), Coakley J.(2011)*  
RE-evaluate the Deficiency – Model

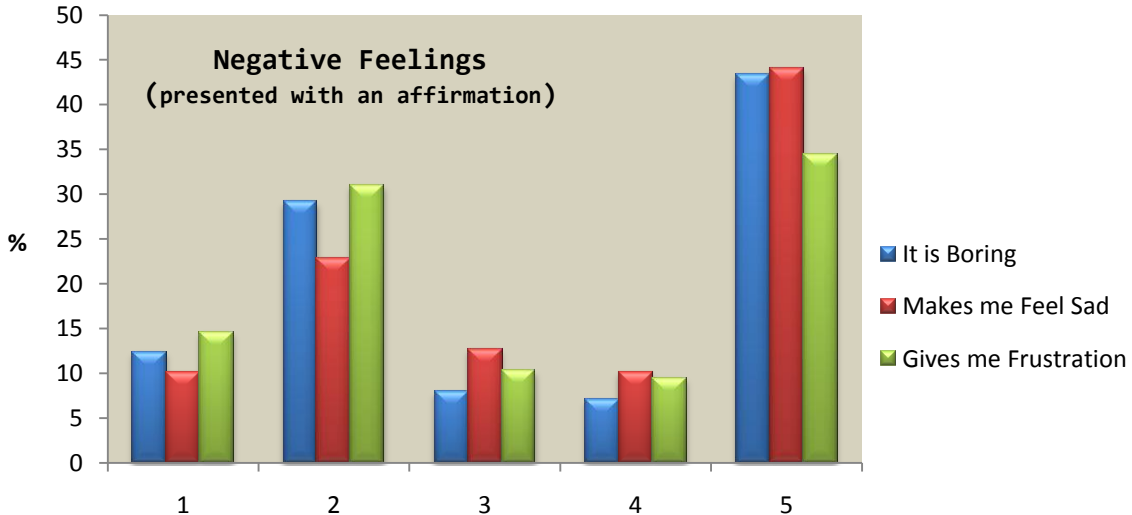
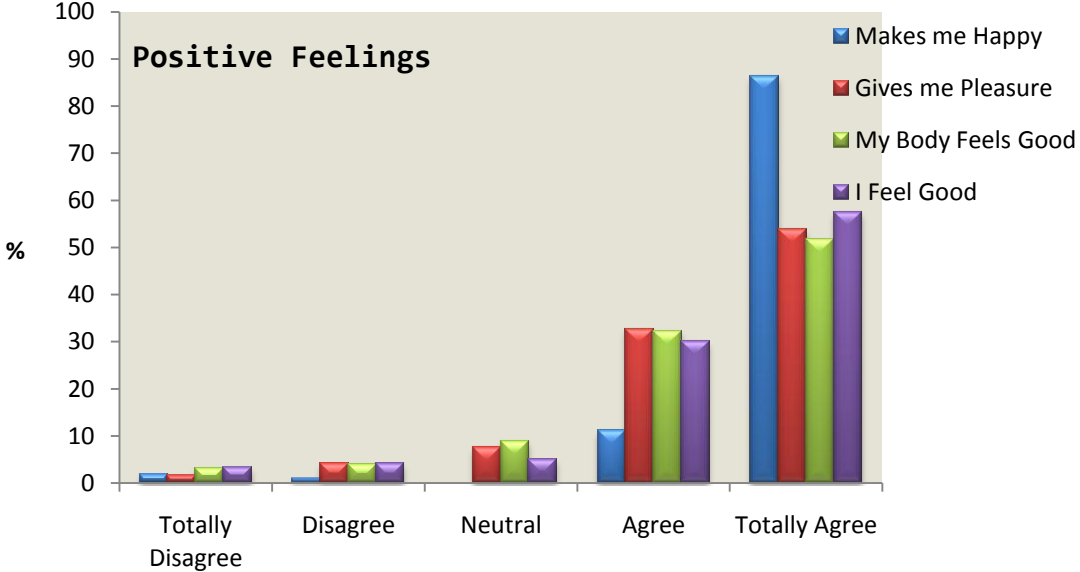
*Deprived communities*  
=  
*Deficients Individuals*  
???

# Physical Activity Enjoyment Questionnaire

## Items from the PACES questionnaire

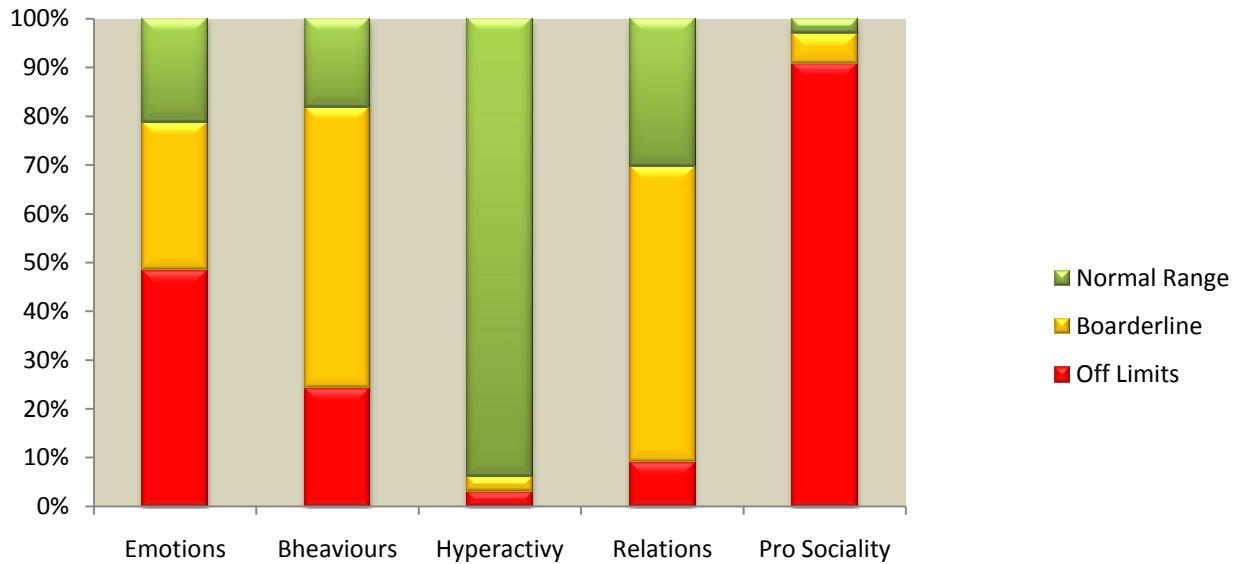
Stem: When I am physically active...

- 1 I enjoy it
- 2 I feel bored
- 3 I dislike it
- 4 I find it pleasurable
- 5 It's no fun at all
- 6 It gives me energy
- 7 It makes me sad
- 8 It's very pleasant
- 9 My body feels good
- 10 I get something out of it
- 11 It's very exciting
- 12 It frustrates me
- 13 It's not at all interesting
- 14 It gives me a strong feeling of success
- 15 It feels good



## Strengths and Difficulties Questionnaire (SDQ)

	Not True	Somewhat True	Certainly True
I try to be nice to other people. I care about their feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am restless, I cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am easily distracted, I find it difficult to concentrate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am nervous in new situations. I easily lose confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often offer to help others (parents, teachers, children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have one good friend or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



\* Red columns represent the % of responders who are outside the limits and therefore potentially '*at risk*' in that particular psycho-behavioral category

## Future Directions

- Two International volunteers selected
- Re-organization of the schools involved
- Construction of two Sport Centers → Selection and training of volunteers
- Games Manual in translation
- Formalize the M&E data → Possible Publication ???
- Center for Trauma Rehab

**We give constant attention to:**

- What does work and what should be changed

- Is our TARGET well selected ?

- Is it really INCLUSIVE?

- Are we in line with the CODE OF ETHICAL CONDCUT by NSD ?

- Is someone BEING DAMAGE by our intervention ?

- Can we really guarantee PROJECT SUSTAINABILITY?

Personal Development



Community Development

