

Building Resilience Through Sports; Report for the Youth Empowerment Program (YEP) Sports Gala at UYDEL Masooli

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REPORT

Youth Empowerment Program (YEP) Gala at Uganda Youth Development Link (UYDEL) Masooli - Building Resilience Through Sport

Date: 28th November 2023

Venue: UYDEL Masooli Rehabilitation Center

Object: To leverage sports activities as a strategic tool for building resilience among youth, with a particular focus on the theme "End Sexual Exploitation among Young People"

Background:

Uganda Youth Development Link (UYDEL) recognizes the transformative power of sports in fostering resilience among young individuals. Through the Youth Empowerment Program (YEP), UYDEL has consistently integrated sports as a dynamic approach to empower and uplift the youth in Masooli



Activities Highlights

01

Music Dance and Drama (MDD) Tournament

Purpose

Cultivating teamwork and collaboration

Outcome

Participants actively engaged in the MDD tournament, fostering a sense of community and mutual support. The tournament served as a platform for participants to showcase and build talents in music dance and drama

02

Athletics (Short Relay, Long Relay, Sack Race)

Purpose

Promoting physical fitness, discipline, and healthy competition

Outcome

Athletic activities were designed not just for physical well-being but to instill discipline and a sense of achievement. Participants developed endurance, teamwork, and a positive attitude towards personal growth through sports



03

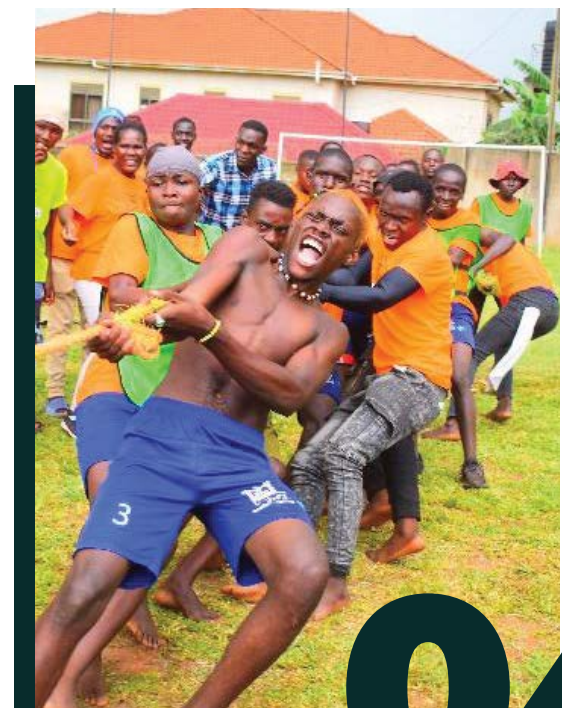
Tag of War

Purpose

Symbolizing the strength in unity and overcoming challenges

Outcome

The Tag of War activity emphasized the importance of collective strength. Participants learned that facing challenges together, much like in sports, can lead to success and resilience against adversity



04

Egg Race

Purpose

Balancing skill, speed, and coordination

Outcome

The Egg Race added a playful element, promoting focus and teamwork. Participants experienced firsthand how coordination and mutual support contribute to success, mirroring the resilience needed in real-life challenges

05

Athletics (Short Relay, Long Relay, Sack Race)

Purpose

Integrating education with recreation, raising awareness on SRH issues

Outcome

The SRH Quiz not only educated participants but also sparked conversations on sensitive topics. Through this, UYDEL aimed to build resilience by empowering participants with knowledge, enabling them to make informed decisions about their well-being

Theme "End Sexual Exploitation among Young People"

The chosen theme was seamlessly woven into the fabric of the activities, emphasizing the holistic approach of YEP in addressing both physical and socio-cultural challenges. Sports served as a unifying factor, allowing participants to connect with the theme on a personal level

Building Resilience: Beyond the Gala

UYDEL's approach to building resilience through sports extends beyond a one-time event. Consistent integration of sports activities within YEP programs focuses on nurturing life skills such as teamwork, leadership, and discipline

Overall Impact

The YEP Gala at UYDEL Masooli successfully achieved its objective of using sports as a catalyst for building resilience among the youth. The diverse activities not only promoted physical well-being but also instilled essential life skills, fostered a sense of community, and addressed critical issues such as sexual exploitation. The event serves as a testament to UYDEL's commitment to holistic youth development, leaving a lasting impact on the participants' personal growth and well-being

Conclusion

The YEP Gala at UYDEL Masooli demonstrated the potential of sports in building resilience among youth. UYDEL's commitment to using sports as a tool for empowerment reflects a holistic approach to youth development. As we move forward, the outlined next steps aim to ensure sustained impact, emphasizing the enduring influence of sports in fostering resilience and positive change in the Masooli community.



Activities Photos

