

Policy- and Action Plan 2025



THE JAB UGANDA

PURPOSE

SHAKIRA'S DREAM

Jab Uganda Foundation aims to support the most vulnerable youth and especially young women with empowerment and life-skills training. From this mission, we are committed to support our sister organization Jab Boxing Foundation in Uganda and make Shakira's dream come true.

The Jab Boxing Foundation uses boxing to train young girls both physically and mentally and make them self-reliant by providing additional education programs on women's rights, leadership and income-generating skills.

THE POWER OF SPORT

By using the power of sport (boxing) and providing education and mental coaching, we believe that Jab Uganda:

1. Make girls and young women self-reliant, emotionally and physically resilient. Girls will feel stronger and safer to deal with gender-related challenges within the community.
2. Encourages young girls to increase their income and improve their overall well-being and resilience so that they can care for and advocate for themselves and those around them.



CONTEXT

THE IMPORTANCE OF BOXING

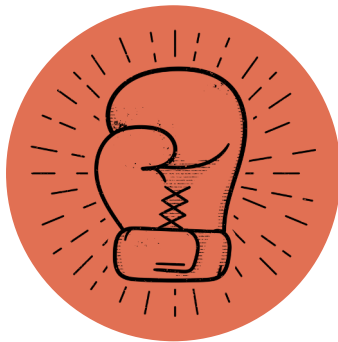
Boxing is sport number 2 in Uganda, and Shakira is a proven, successful boxing trainer who has a wealth of experience in mentoring vulnerable young girls. Shakira has a very good reputation and a very extensive community network and is currently helping/training about 120 girls. Because she shares a similar background as many of the girls, she knows how to reach vulnerable girls like no other. Young women in Uganda are in a vulnerable position resulting in high rates of teenage pregnancy, high school dropout rates, domestic violence and widespread presence of sexually transmitted diseases such as AIDS/HIV. As a result of this unequal situation, female labor force participation is low. This directly affects these girls and young women, and because they often remain vulnerable as mothers, children may also be indirectly affected.

THE COMBINATION OF BOXING AND SHAKIRA

All in all, the combination of boxing and Shakira is an extremely powerful combination to reach girls through sports aiming to empower and develop them. Shakira has extensive experience as a boxing coach and has already delivered a number of top national and international athletes. The Jab will also increase the country's boxing community and women's participation by developing (competitive) boxing and training female referees, coaches and officials. The boxing girls will encourage other girls, serve as role models, and can take on a new role in their community as ambassadors of the sport of boxing.



CORE VALUES



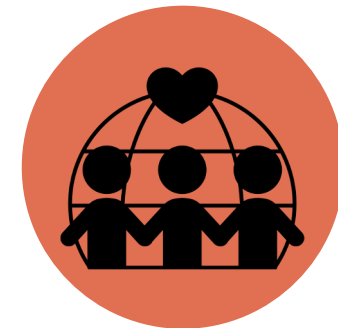
BOXING & DISCIPLINE

Improve resilience and self empowerment,
physical and mental strength of young
women through Boxing



EDUCATION & GROWTH

Teaching of life and leadership skills to girls
and young women and entrepreneurial skills
(for income generating activities).



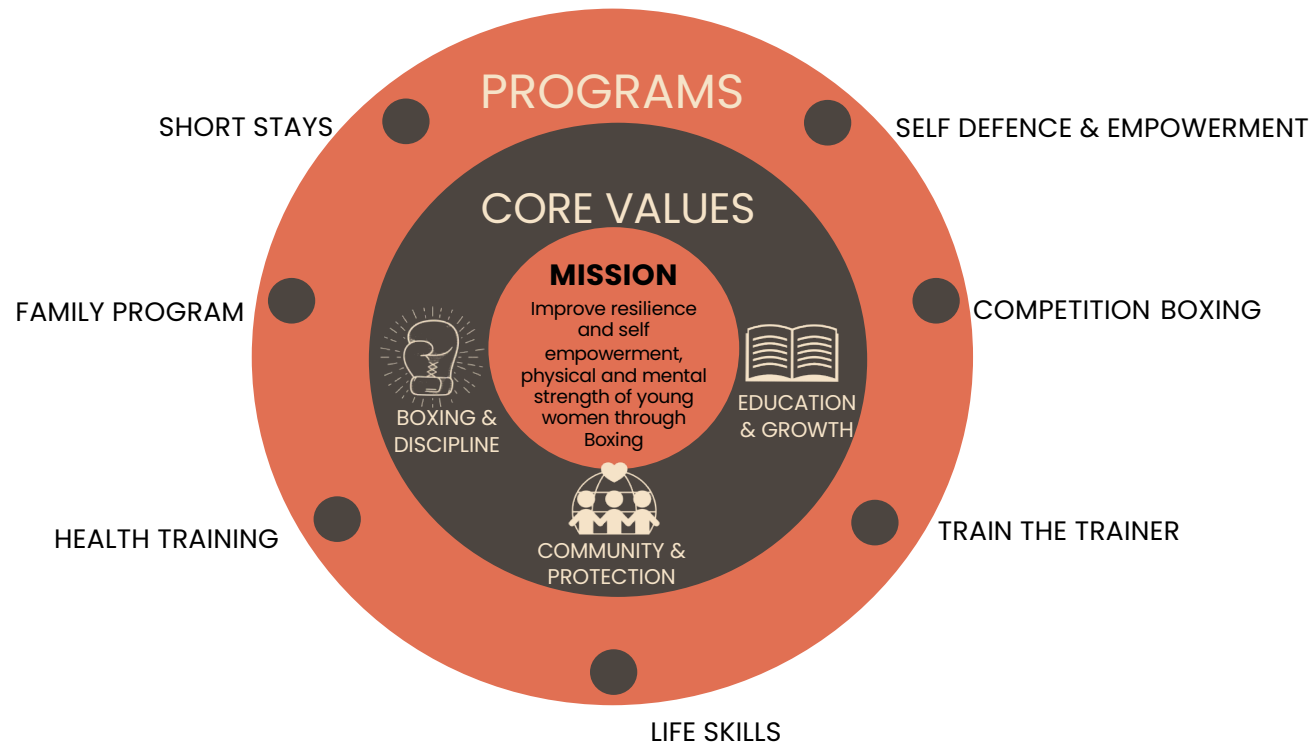
COMMUNITY & PROTECTION

Provide a safe place. Improving women
rights through and awareness creation
addressing gender stereo typing.



JAB CIRCLE

Our goal and execution explained



DIRECT BENEFICIARIES

1. GIRLS AND YOUNG WOMEN (12-22) WITH A VULNERABLE BACKGROUND

We will target school aging girls and young women aging 12-22 from the poorer neighborhoods in and around Kampala, most notably:

- i. Wakiso area – location of main facility, where we already partner with a variety of schools such as Emirates and Glorious Schools
- ii. Kakoge-Sentema and Naguro Slums, the latter is the birthplace of Jab Uganda and community where Shakira lives.

2. SPORTS TALENTS WITH AMBITION

The best girls have the freedom to compete in national and international boxing matches if they are motivated and interested to do so.

3. SUPPORT SYSTEM

Family and guardians of the participating girls and young women.

BACKGROUND

Girls from poorer neighborhoods of Uganda are often growing up in challenging circumstances. These girls and young women are extremely vulnerable within their community due to gender inequality and low incomes.

Girls grow up in circumstances where women are still considered inferior in a masculine society. This unequal situation leads to limited accessibility to education, early marriages and early pregnancies often followed by school drop-outs. Because of these vulnerable circumstances women are often victims of rampant domestic violence and sexual abuse.



STAKEHOLDERS

PRIMARY STAKEHOLDERS INCLUDED IN THE PROGRAM

Girls and young women with;

- Age between 12 and 22
- Vulnerable background
- Cooperative support system (Parents, family, foster parents etc.)



EXCLUDED FROM THE PROGRAM

Girls and young women with;

- Drug related problems
- History of crime
- Failing or lacking support system (no or resistant social background)



THE PROGRAMS

1. SELF DEFENCE & EMPOWERMENT

- Weekly boxing training – 3 hours
- Life skill classes – 3 hours
- Subjects like; women rights, decision making, independency, negotiations
- 250 yearly participants

2. COMPETITION BOXING

- Training talented boxing girls
- Competing in tournaments
- 33 yearly participants

3. TRAIN THE TRAINERS

- Increasing the number of female trainers
- Selection of girls with high potential
- Workshop train the trainer: 'The future is women boxing!'
- 10 yearly participants

4. LIFE SKILLS

- Weekly useful life skill classes – 2 hours
- Subjects like; entrepreneurship, nutrition, budgeting, catering skills, tailoring
- XX yearly participants?



THE PROGRAMS

5. HEALTH TRAINING

- Monthly first aid lessons and basic health training
- Provided by an external specialist
- XX yearly participants

6. FAMILY PROGRAM

- Follow up program
- Check up moment three times a year with the families
- Creating community

7. SHORT STAYS

- Accommodate girls during weekends and school holidays for multi-day intense trainings and skill programs.
- Additional training camps for females in competition boxing
- Maximum capacity of 12 girls per stay



THE PROGRAMS EXPLAINED 1/2

PROGRAM 1 – SELF-DEFENSE AND EMPOWERMENT

This is the largest and most important target group with more than 250 participants annually. Three times a week, in two different shifts a day, girls and women are trained for a total of 6 hours with a maximum capacity of 20 girls per shift. The program consists of 3 hours of boxing and 3 hours of life skill classes with topics such as body work, women's rights education and self-reflection, sharing daily challenges and coping mechanisms and support for independent choice making. In addition, training in verbal communication skills such as debating, and negotiation skills are also offered.

PROGRAM 2 – COMPETITION BOXING

The best girls can compete in national and international tournaments. Part of our approach is for the women to participate in boxing competitions. We believe this is important because competitions generally increase the self-awareness and self-esteem of young women in our program. In addition, successful athletes can act as role models for the other girls.

PROGRAM 3 – TRAIN THE TRAINERS

From the girls we train/train, some talented girls will be selected to increase the number of female boxing trainers in the country. These women will be trained to offer similar boxing and life skills training according to "Shakira's dream". Each year we expect to train 8-10 girls as boxing and life coaches.

PROGRAM 4 – LIFE SKILLS EDUCATION

All girls can receive training in entrepreneurship and craft skills such as hospitality, retail or tailoring. This will be once a week for 2 hours.



THE PROGRAMS EXPLAINED 2/2



PROGRAM 5 – BASIC HEALTH EDUCATION

Once a month additional first aid skills and basic community health training is provided which will be facilitated by outside specialists for all volunteers and boxers.

PROGRAM 6 – FAMILY PROGRAM

Jab Uganda Foundation will actively engage with members' guardians. This is for monitoring the girls' progress in the project. In addition, guardians can also participate in programs on self-defense and empowerment. Our goal for is that 70% of all guardians of girls will participate in our activities.

PROGRAM 7 – SHORT STAYS

A small dormitory will be available where participating girls can stay during intensive multi-day training programs. These multi-day trainings will be mainly organized during weekends and school vacations. This will allow girls from more distant parts of the country (more than 30 minutes travel time) to participate in training programs and hence it extends our reach. Additionally, the dormitory can be used for training camps for the competition boxers, in preparation for the matches. It will be a small hall with a capacity of up to 12 girls.



KEY ACTIVITIES 2025

1. COMPLETE CONSTRUCTION AND FURNISHING GYM

The main goal of 2025 is to complete the building of the gym and other facilities, such as the dormitories and residence for Shakira and the coaches. This includes:

- Finishing house and fencing all around
- Installation of energy supply (solar panels)
- Construction of boxing ring and gym facilities
- Purchase of boxing equipment and gym equipment

2. START-UP PROGRAMS AT OUR OWN LOCATION

Inauguration of facilities in Wakiso and recruitment of participants. We will start with the following programs:

- School programs for the 2 nearby schools - 2x weekly group training boxing and empowerment (per school)
- Weekend programs - weekly boxing training and empowerment and counseling

3. CONTINUE BOXING TRAINING IN SLUMS

Continuing and expanding programs in Kagoge-Sentema and Naguro Slums, including:

- 3x weekly boxing for girls 18 participants - 90 min boxing and 30 min counseling.
- Every Friday nutrition program and free food with the group.
- Every 3 months a family program involving as many parents/caregivers as possible.

4. TRAIN-THE-TRAINERS

The start of our train-the-trainer program should grow the number of trainers for JAB Uganda to at least 6.



Action Plan 2024

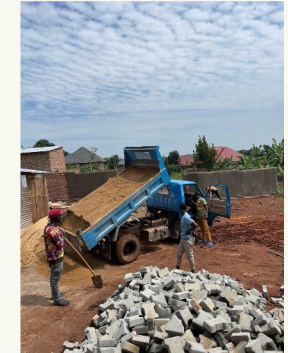


COMMUNITY & PROTECTION

CONSTRUCTION OF SPORTS ACCOMODATION JAB UGANDA STARTED

MARCH 2023

Though the collaboration with Wilde Ganzen, the purchase of a piece of land in Wakiso has started since March, on which the construction of a boxing school and accommodations for the staff has immediately started.



COMMUNITY & PROTECTION



THE JAB UGANDA OPENS 2ND LOCATION IN SLUMS OF KAMPALA

NOVEMBER 2023

In collaboration with local authorities and other NGOs, The Jab Uganda recently opened a second location in the middle of the slums of Kampala. We are now in the middle of an area where the need for help is high. This now makes it easier for us to get in touch with them. They get our attention, have the opportunity to box and follow empowerment training. This location is a first step towards a better life and a kind of gateway for our location outside of Kampala. On December 30, we are organising a major boxing tournament to inspire as many young people as possible. It is another great step in our mission to support the most vulnerable youth and especially young women in all areas of life.



STREET TOUR THROUGH CENTRAL KAMPALA TO PROMOTE JAB UGANDA

DECEMBER 2023

Last week, Shakira and her ever-growing group of volunteers organised a street tour through the streets of central Kampala. It was a street tour to promote The Jab to familiarise our target group, vulnerable youth and especially young women, with boxing and our program. With a lot of energy & passion, they marched through the streets of Kampala, making it a huge success. We continue the good work.



BOXING & DISCIPLINE



OUR AMBASSADOR CATHERINE NANZIRI BOXING CHAMPION OF AFRICA

SEPTEMBER 2023

Great news! Catherine Nanziri, Ambassador of The Jab Uganda, has done an incredible job. After a tough match, she became champion of Africa in the bantam weight class. We are proud of her. Congratulations Catherine! Shakira is Catherine's former trainer and it once again underlines the talent that is training under Shakira's wings in Kampala.



PROJECT PROGRAM IN FULL MOTION

SEPTEMBER 2023

The program has already started after the summer. Currently 132 girls are already participating in the project. This means that these girls receive boxing lessons, individual counseling and empowerment training. We also helped some girls financially to complete their education. We now have three young women who, through the project, have chosen a traditionally male profession (electrician & plumber), while from the classical view at home, they had more expectations towards traditional feminine professions (seamstress).



EDUCATION & GROWTH



WORKSHOP EMPOWERMENT BY 100 WEEKS UGANDA

NOVEMBER 2022

On November 16, 2022, the Jab Uganda team participated in a three-day empowerment workshop, given by 100 Weeks Uganda.



DANCE AND DRAMA LESSONS FOR THE BOXING GIRLS OF JAB UGANDA

NOVEMBER 2022

The Congo girls teach dance and drama. This is a new part of the Jab's sports program. A large number of refugees from Congo are living in Uganda. The Jab Uganda now lets Congolese girls teach Ugandan boxing girls. Additionally, the Jab Uganda helps the dance group to officially register as an NGO in Uganda.



EDUCATION & GROWTH



INSPIRING STUDY DAY ON BOXING EDUCATION

NOVEMBER 2023

On November 3rd, we attended the study day, organised by Boksendorpoeden. Once again, it became clear what boxing can mean for young people on a pedagogical level in the Netherlands but also in Uganda. The story of The Jab Uganda fits in perfectly with this. For girls in the slums of Kampala, boxing means that they feel more confident again and can work on empowerment. Thank you Boksendorpoeden for this inspiring day!



COLLABORATION GIRLS BOXING NAIROBI & THE JAB UGANDA

MARCH 2024

What a fantastic and inspiring introduction we had with the coaches of Girls Boxing Nairobi. The women radiated such enthusiasm and strength. Shakira and her team will work with them by organising tournaments and talent development and we can also learn from their method and practical design of their empowerment training. Thank you to the Girls Boxing team for your commitment & love for boxing and the attention and care for your boxing girls.



NETWORK



Big news – Official recognition by local authorities in central Kampala

DECEMBER 2023

Last week, Shakira gave an inspiring presentation to the local authorities in Kampala about our program. These people represent various groups and organisations in the Mengo slum in central Kampala. Consider local organisation that deal with education and healthcare. They were very enthusiastic about the program and officially recognised us and made the first promises to work with us. That is of course very good news. Another great step in our mission to support the most vulnerable youth and especially young women in all areas of life.



MEDIA – NETHERLANDS

SUPPORT FROM THE DUTCH BOXING FEDERATION

JUNE 2022

The chairman of the Dutch boxing association has expressed his support for the Jab Uganda foundation. The newsletter that is sent to all members contains an extensive report about the foundation and the project.



ARTICLE IN EINDHOVENS DAGBLAD

OCTOBER 2022

Peter en Anneriek were interviewed by Lisa Wouters of the Eindhoven's Dagblad.

ARTICLE JAB UGANDA ON WEBSITE DUTCH BOXING FEDERATION

DECEMBER 2022

The Dutch boxing federation has placed a publication about Jab Uganda on its website and in the members magazine.



ARTICLE JAB UGANDA IN MAGAZINE NL BOXING FEDERATION

MAY 2023

The Dutch boxing federation has the latest edition of the hard copy members magazine. This article is a call to action among the members of the boxing federation to support the dream of Shakira (and Anneriek and Peter).

JAB UGANDA TO BE SEEN AT SOCUTERA ON NPO2

JULY 2023

On July 23, after a successful collaboration between Jab Uganda and Wilde Ganzen, an information film was shown on NPO2.



MEDIA – NETHERLANDS



Documentary maker Sjoerd Schipper starts preparations for a documentary about The Jab Uganda

JANUARY 2024

We are proud to announce that documentary maker Sjoerd Schipper will start preparations for making a documentary about The Jab Uganda this year. In addition to documentaries and commercials that he makes for the NPO and companies, Sjoerd also initiates his own projects in which he captures interesting stories, lives and unknown worlds around him. That's how we came into contact with each other. He now has met Shakira and her team. He will do the preparations with her this year. It will be a documentary that shows why our work is so necessary. From life in the slums of Kampala to how we support the most vulnerable youth and especially young women in all areas of life with our program. The actual recordings will start in February 2025. We are already looking forward to it. For Sjoerd's work, visit www.sjoerdschipper.nl



GREEN LIGHT BY EDITORIAL NRC FOR ARTICLE ABOUT SHAKIRA

MARCH 2024

Peter has been in contact with Koert Lindijer for some time now. Koert is NRC correspondent for East Africa. There is interest in an article about Jab Uganda, and in particular, champion maker Shakira.

ARTICLE GROEIEND BEST

JANUARY 2024

Peter has been interviewed by Lydia Notz from the local newspaper Groeiend Best.



MEDIA – UGANDA



JAB UGANDA BOXING UNDER ATTENTION OF LOCAL MEDIA

JUNE 2023

Coach Shakira is working very hard and that is attracting the attention of the local media in Uganda in a positive way. In the photo, she is being interviewed by NBS Sport. She told her story about providing training to her three professional boxers; Catherine, Kashim, and Grace. Kashim is even in the race to become Uganda's champion. How wonderful that Shakira and her boxers receive so much deserved attention.



JAB UGANDA FOUNDATION ON UGANDAN SPORTS TV

NOVEMBER 2022

Peter is interviewed for an item on Ugandan television.

