



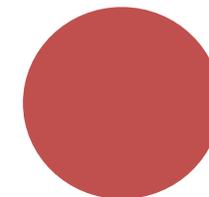
AUSC REGION 5

AFRICAN UNION SPORTS COUNCIL REGION 5

MEMBERS

- **AUSC Region 5 Member States**

- Angola
- Botswana
- Eswatini
- Lesotho
- Malawi
- Mozambique
- Namibia
- South Africa
- Zambia
- Zimbabwe



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VISION AND MISSION

Vision

To be Africa's Leading Sport Region through innovation and excellence

Mission

To serve our members and stakeholders by encouraging and promoting innovative development of inclusive sport and recreation at all levels, through partnerships and collaborations to promote athlete excellence.



VALUES

- Diversity
- Equity
- Excellence
- Fun
- Integrity
- Solidarity





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OUR PROGRAMMES



WOMEN LEADERSHIP PROGRAMME



- Women empowerment through mentorship
- Gender mainstreaming and capacity development
- Training 200 women per year from ten countries
- Total of 2000 women by 2028
- Leadership enhancement



SPORT FOR ALL

- Physical activity as a lifestyle
- TAFISA Membership drive
- Introduced “Walk for Life”
- Physical activity in the work places
- Use of spaces and sites





SPORT FOR ALL

- Morning Doctor
- E-fitness
- Walk for Life
- “One4More”
- Wellness Programme



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SPORT FOR ALL AND PEACE

- World full of aggression, materialism and violence.
- Peace and tranquility existed in the beginning.
- Earth was free of pollution
- People ingested healthy food
- Man was physically fit (Genesis 2:15)



SPORT FOR ALL AND PEACE



- Order of creation transformed
- Life now in fast lane – all things instant
- Microwave generation
- Reduced lifespan due to lifestyles
(Psalms 90:10)
- Physical activity and exercise – healthy lifestyles and longevity

SPORT FOR ALL AND PEACE

- Generations detached from one another.
- Oral heritage affected in Africa.
- Unitary societies emerged.
- Violence, aggression, crime and unrest prevalent
- Society lost generational interdependence



SPORT FOR ALL AND PEACE

- World seeking tools to promote peace and tranquility.
- Global violence, discrimination, inequalities and exclusion.
- Global violence, discrimination, inequalities and exclusion fanning divisions
- Moral value systems severely disrupted.
- Sport and Sport for all effective catalysts for peace and reconciliation.



SPORT FOR ALL AND PEACE



Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.

— Nelson Mandela —

AZ QUOTES

SPORT FOR ALL AND PEACE

- Sport for all as a powerful tool for social change
- World to make it accessible for all
- Discrimination and exclusion walls to be pulled down



SPORT FOR ALL AS A TOOL

- Rugby World Cup helped unite a fragile and racially divided South Africa
- Healing and reconciliatory power of sport never disappointed
- Prejudices were dropped
- Nation was united



SPORT FOR ALL AS A TOOL

- Region 5 Games inception in 2004
- Young people under the ages of 20.
- Majority from poverty-stricken rural communities
- Games have brought hope and inspired young people – doors opened
- Sporting icons produced – inspiration and social cohesion



SPORT FOR ALL AS A TOOL

- Stimulating nation building in Southern Africa
- Region 5 Walk for Life and Paralympic Week festivals
- Big Walk – South Africa
- Shukuma – Eswatini
- Women Sport Festival - Zimbabwe



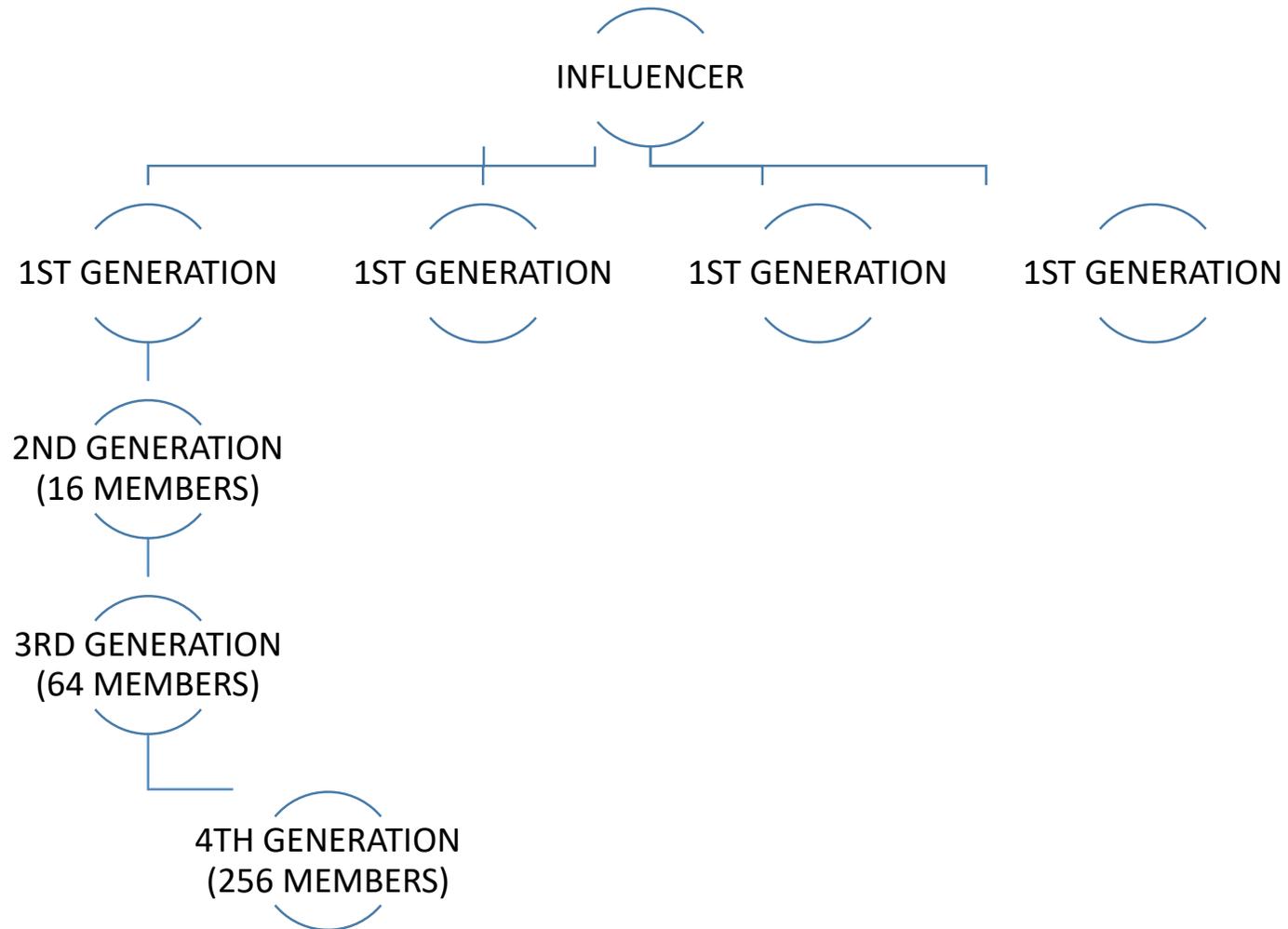
SPORT FOR ALL AS A TOOL

- Bonding among leaders and communities in Southern Africa.
- Woman4Women – 500,000 women physically active by 2028
- Unity through cultural preservation and heritage





WOMAN4WOMEN



INTERGENERATIONAL DIALOGUE

- African culture embedded upon generational dialogue.
- Dialogue develops youth through mentorship and apprenticeship.
- History and moral values passed through orally.
- Role of elders critical in African context



INTERGENERATIONAL DIALOGUE

- Poverty and exclusion among youth in Africa.
- Increased rate of violence in communities.
- Connection with other criminal activities.
- Rising unemployment and lack of educational opportunities.
- Youth using illegal means to earn a living.



INTERGENERATIONAL DIALOGUE

- Way of sharing and promoting experiences.
- Decreases levels of violence.
- Promotes long-term solutions for community risks.
- Society skewed towards elitist competitive sport.
- Dialogue improves social awareness and self-belief.



CONCLUSION

- Undisputed power of sport in building strong societies.
- Sport for all harnessing demographic dividends through investing in youth.
- Sport for all silences guns and brings peace and reconciliation.
- Elderly play a significant role in bridging generations





“So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”

1 Corinthians 9:26-27



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Thank You