



Buschschule-Civics-Sports Academy

The youth assistance programme with a difference
in Windhoek, Namibia



Introduction

A special and specialised programme designed to enhance the social achievement and educational integration of young Europeans who are interested in sport and who are at risk of becoming socially excluded.

The Buschschule Namibia has been providing individual assistance for adolescents who require special attention to enable them to become fully integrated members of society since 1994.

During their participation, more than 80 per cent (reliable statistics) of the 200 participants have been able to bring a fresh approach to their schooling and their life in general in a series of long- or short-term projects. After returning to their native countries, 70 per cent integrated with no notable difficulties and were therefore spared a future vocational and social “offside” in their society.

The Civics football club in Namibia and the Buschschule Namibia have been working closely together since 2000. Helmut Scharnowski, social pedagogue and well-known trainer among Germany's “export hits” (*Die Welt am Sonntag*, 4 January 2009), is the club's coach and president. He was able to make a significant mark in the context of individual support and youth welfare by making the resources of youth mentoring, education and advancement accessible to underprivileged young Europeans and Africans through sport.



The project has succeeded in rekindling acceptance, the will to achieve, a sense of identity and a positive attitude to life in the young participants.

Using past experience with Namibian farmers as one option for individual mentoring, this concept was evaluated and developed further with the resources of a successful football club. The incentive for young football players and athletes to accept and deal with their difficulties in the context of a project of this kind is very high. It is easy to put into practice, as a programme such as this meets the *zeitgeist* of the people concerned, and the offer is not considered discrediting or stigmatising.

Concept

The Civics Football Club social education programme for schooling and football/sport (in cooperation with the Buschschule Namibia).

Civics Football Club

The football club was established in 1983 by a group of pupils from a school in the Khomasdal neighbourhood of Windhoek, Namibia. These young football fans took the initiative to set up their own club to counteract social exclusion through the medium of football. The club slowly became a home and a meeting place for young football players who were at risk of losing their identity, their social integration and their vocational involvement. Following many difficult problems with orientation and assignment, the club worked its way up to the Namibian premiere football league through its own basic strengths. The club has kept its place in top football since 1990 and has also provided numerous national players for the world of football. The unique style of football played by the Civilians is recognised throughout the country. In 2000, the club was in danger of closing, as the original “men of action” withdrew from the club and financial difficulties threatened. No-one wanted to take over responsibility for the club. The Buschschule Namibia adopted the club in this difficult phase. The integrative possibilities, encounters and educational opportunities for young Europeans and Africans are unique. The principal of the Buschschule, Helmut Scharnowski, took over the club presidency and introduced modern coaching, educational and achievement methods.



Helmut Scharnowski and Sepp Blatter



Helmut Scharnowski (r.) and Uli Hoeneß

It was Helmut’s knowledge of football and his socio-pedagogical experience that enabled the transition from a neighbourhood club to a show club that is recognised both at home and abroad. Its playing style, performance and

presentation have turned the “Bethlehem Boys” into ambassadors for Namibia in the African Champions League.

Between 2006 and 2008 the Civics Club produced 7 U-13 (Under 13) national players, 10 U-16 national players, 8 U-18 national players, 4 U-21 national players and 5 senior national players in Ghana for the Africa Cup. Thus the Civics became Namibia’s most important guaranteed source of achievement in international football. Because of his extraordinary commitment and the attendant successes, Helmuth Scharnowski was crowned Namibian Football Trainer of the Year 2007.

The achievements of the Civics and the positive influence of this key Namibian sport have brought in international finance which has helped to create 600 jobs for young players.

This development would not have been possible without the Buschschule. For its part, the Civics provided opportunities for mentoring, bonding and supporting European young people who were socially at risk.

The successful achievements of the Buschschule and the Civics form the basis of our new proposals for underprivileged European young people for whom football and sport are pathways to a meaningful life of achievement.

Programme

In cooperation with the Buschschule, the Civics Club now offers an individual mentoring programme for young people who require particularly intensive and controlled individual mentoring.

Target group

This programme aims to encourage young people who can be reached through selective sports programmes to rediscover their strengths and energies. The young people take an examination of their choice in their home country and in doing so are encouraged to work at their shortcomings, target results and rebuild their self-confidence and willingness to achieve. Dreams then become the doorway to reality.

Children and adolescents who have problems integrating socially and in school and who are attracted to sport, especially ball games, will find that our club offers a mentoring and education system that meets their own specific wishes and needs.

Our programme is aimed at young people who

- are aged between 12-16
- are educatable and able to play well under pressure
- have problems with violence and exclusion
- are at risk of displaying criminal tendencies
- do not want to stay on at school
- can no longer be reached by mainstream education in Europe

Preparation/selection

Prospective participants apply to the programme's responsible body in Germany and are admitted to the programme through an introductory and selection procedure.



Mentoring System

After undertaking an entrance assessment, a language course lasting several weeks and practical training on a farm, every participant is assigned to a competitive athlete (a trained pedagogical assistant to their assigned social worker). Within the mentoring system, the pedagogical assistant is responsible for dealing with everyday aspects, allocating achievements and organising the participants' leisure time. As the mentors/athletes generally have an excellent reputation and support the achievement principle, a form of positive transferral and acceptance of the desired attitudes and behaviour develops. The participant also gains from his mentor's good reputation and is inspired by his positive image.

The mentor sees to it that the participant is allocated simple sporting activities, which are gradually increased. He is also responsible for teaching the student how to carry out his daily duties and accompanies him during his leisure-time activities.

Socio-pedagogical mentoring and supervision

Both the mentors and the participants receive professional socio-pedagogical support and counselling. The full-time mentors are trained in social education and work out agreed assistance and development plans with the participants, observe, and reflect and secure the results according to set quality standards. The social worker is responsible for documenting the accomplished achievements in a recognised way and for the assistance procedure (full-time jobs).

School mentoring

Educational requirements are ensured through the proven ILS (home schooling) system in Hamburg which is systematically supplemented and mentored by a team of school pedagogues. This form has proven itself in the past and allows individual learning speeds and achievement potential. All participants are taught German, English and Afrikaans; each one therefore returns to Europe speaking three languages.

The participants can also be integrated into Namibian schools.

Sport and mentor

Each participant builds up a close relationship with his sports mentor. He accompanies him to training sessions and competitions and can therefore assess his achievement requirements first hand. This also naturally introduces a further dimension of a positive identity and enhances the participant's social and emotional stability.



Daily tasks

The participants' daily tasks involve keeping their rooms and clothes tidy, preparing simple meals and looking after the institute's facilities. The participants carry out these tasks with their mentors and the responsible social workers, who help them turn them into a fully integrated daily routine.

Vocational training

Participants are given vocational training according to their aptitudes. Windhoek offers a wide range of options which can start at a low threshold if required. A certificate is awarded after successfully completing the programme. The club covers a broad spectrum, so plenty of training jobs at every level are available, provided by the many patrons of football.

The participants' integration into a sports community in their country of origin is greatly facilitated through intensive athletic encouragement, school education, practical vocational involvement and an acquired level of athletic achievement. Good footballers – even at a basic level of achievement – make friends easily, integrate quickly and are very often offered jobs immediately, usually by the patrons of the regional clubs, as they would then also be available to the clubs to play football.



Culture

Exploring and getting involved in other cultures in order to discover more about oneself, and understanding the concept of “being different” promote tolerance, acceptance and open-mindedness. These are experiences which are important for self-orientation and integration in a global world and in independent living skills programmes for young people. “Looking past the end of your nose” must become a reality and put into practice.

Taking part first hand in the customs of other cultures opens our eyes to blind spots in our own culture and enables us to question them. It also helps young people grow more mature.

Involvement in social tasks

Our mentors and participants are required to play a role in the social, economic and cultural developments taking place in Namibia within the context of their special athletic position. In schools they are involved in actions against violence, drugs and diseases. They are the

inspiration for social projects in poor areas and they take on representative tasks. The participants become involved in these processes because of their connections with their mentors, and they therefore experience the importance of social responsibility, something a famous athlete is expected to take seriously. With this in mind, all competitive footballers in the Civics Club are prepared for their tasks in their society or community.



Advantages for integration

After learning and developing into mature sportsmen, passing their school leaving examination and in their first experience of work, the participants demonstrate a great willingness to integrate both vocationally and socially using the opportunities presented by a sports club or similar organisation. Clubs are always keen to take on and retain good athletes, and, combined with the vocational tendencies the participants acquire, everything is in place to enable them to become fully integrated members of society.



Support and backing

The programme, which is strictly reality-oriented, is considered by the organisations below as supportive, forward-looking and globally integrative. This programme is supported by the following organisations:

- **Fifa**, Ashford Mamelodi, Gabarone, Botswana

Appointee for Youth Development in southern Africa

- **NFA**, Namibian Football Association

General Secretary Bary Rukoro

Klaus Staerk, Technical Director,

Namibian Football Association

(with the support of the DFB and the

German Foreign Office)

- **NPL**, Namibian Premier League

Hendrik Dawids, Director

- **Sports Commission**

of the Republic of Namibia

Rustan Mogane, General Secretary



Time out

Occasionally young people need time out for many different reasons. This time out is organised by the Buschsule and consists of suitable socio-pedagogical programmes which run parallel to their sports training.

Quality

The quality of the programmes and socio-pedagogical services offered by the Buschschule was certified in 1998. The achievement records and the procedures of the programmes on offer, as well as their effect on and implementation for the individual, are therefore traceable and verifiable.

All activities and documentation take place according to assistance plans.



Supervision and control

As an accredited welfare organisation, the Buschschule's activities are supervised by the Ministry for Health and Social Services in Namibia in addition to the relevant supervisory authorities in Europe and America.

Responsible organisations

The Civics Club in cooperation with the Buschschule Namibia (registered and accredited by the Ministry for Health and Social Services of the Republic of Namibia).

Under the direction of:

Helmuth Scharnowski



Certified social pedagogue and football coach.

President and head coach

of the Civics Football Club, Namibia

Technical details and resources

The Civics Club with its whole infrastructure.

Athletics, football, basketball, boxing, netball, swimming.

The Buschschule Namibia

With the pedagogic set-up through premises, experience, teachers, pedagogues and administrative know-how.

Accommodation

Accommodation is with host families who have been specially selected (audited) and trained by the Buschschule.

After participating successfully in our step-by-step programme the young people can change over to a different kind of mentoring, which includes entering our sports boarding school.

As well as daytime socio-pedagogical mentoring in the sports boarding school, there are also security guards present at night to ensure the well-being of the young people.



Premises/Sports boarding school

A housing complex in Windhoek.

5 houses with kitchens, recreation rooms, study rooms and bedrooms.

(Additional houses can be rented if necessary.)

All sports and training facilities.

Personnel

Pedagogical staff

1 head/responsible person

3 social workers/trainers

3 teachers/trainers

Expertise trainers:

1 motivation trainer

1 goalkeeping trainer

1 fitness trainer/physiotherapist

1 tactics trainer

Technical staff:

2 drivers/materials supervisor

2 tradesmen

5 domestic staff

External Services

Psychological/physiotherapeutical services (outpatient)

Duration of stay: 3 months – 3 years (graduating from school)

Daily routine

06:00	Wake-up call
06:30	Morning sport
07:00	Wash and dress
07:30	Breakfast
08:00	1 st school module
10:00	1 st training module
12:00	Break
12:30	Lunch
13:15	Quiet time
14:00	2 nd school module
16:30	Coffee
17:00	2 nd training module
19:00	Evening meal
20:00	Group talk
20:30	Sport, leisure time or intensive school courses/IT and media



Fridays: General repairs and maintenance; laundry, facilities and materials

Saturdays/Sundays: competitions, day trips, free time

Therapeutic sessions and assistance are integrated into weekly schedules and written into the individual assistance programme.

Imprint and Contact

Owner and Administrator

Helmuth Scharnowski

Responsible Body

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