

Sports For Persons with disability

Yemen

Introduction

There are some problems in the Yemen society for rehabilitation and care of the physically handicapped. Lack of sport trainers is one of the most important problem should be solved. To solve this problem we should make a special training course to prepare 2 trainers for my prefectures

Background

The situation in Yemen rehabilitation and care of the physically handicapped is not good enough, lack of equipment and coaches, and human resource, experiences, and the activities are not strong. And many people believe that the sport is not necessary for person with disabilities and some time many persons with disabilities believe that they cannot play sports.

Overall goal

1. Increase the sport possibilities for all the persons with disabilities in Yemen
2. And make the persons with disabilities have confidence and enjoy sports as same as persons without disabilities

Concrete objectives

1. Organize and develop 2 potential trainers in my organization (Ibb branch)

2. 30 persons with physical disabilities participate in table tennis ,badminton, billiards

Beneficiaries

1. 30 players(20 males, and 10 females) between 18 and 40 years old with physical disabilities
2. The disabled people families

Impact

Improve the quality of life people with disabilities by creating motivation, improving self confidence

- * Promotion of sports pwds
- * Participation of pwds in the community
- * Improve the motor, sensorial functions and mental and make the pwds good health both in physical and psychological

Time line

- Step 1:get the agreement from the president of my organization

I should make meeting with my president after two week when I will comeback to my country to share my action plan and get the agreement

- Step 2:find staff as secretary

- Step 3:find the place for sport

The president should be do meeting with staff and other member to choose the suitable place in my organization

- Step 4:prepar 2 trainers and find the equipment

After find the correct place we will conduct with the rehabilitation fund to get the equipments for sport and engagement with two trainers from other sport center to training our member

- Step 5:start training for person with disability

The trainers should be start the training on 10 January and do the training step by step with the pwds

Monitoring

1- For know the satisfaction of pwds we Should be make the next activities

- Interview with the trainers
- Interview and surveys for each participant (satisfaction)
- Periodic visit to place of training
- 1. Tow meeting twice a week
 - (a) Monitoring of the practice training
 - (b) Getting the feedback from the players
- 2 One general meeting in every one month for
 - (a) Discussion of things which has already finished
 - (b) Check the successfully of project
- Make opinion box to get the different opinions

Evaluation

- At the end of each month in monitoring program its important to meet with trainers to evaluate the monitoring process, to try to solve any problems are found

Budget

| | | | | | |
|------------------------|--|--|--|--|--|
| Training budget | | | | | |
|------------------------|--|--|--|--|--|

| Expenses | Cost | Of people | Units | Occasions | Totals US |
|--------------|------|-----------|----------|-----------|-----------|
| Salaries | 150 | 3 | 1 month | 6 month | 2700 |
| transport | 40 | 3 | 1 month | 6 month | 720 |
| Telephone | 20 | | 1 month | 6 month | 120 |
| Water | 10 | | 1 month | 6 month | 60 |
| Tennis table | 40 | | 2 tables | One time | 80 |

| | | | | | |
|-------------------|-----|--|-----------|----------|---------|
| Tennis net | 10` | | 2 nets | One time | 20 |
| Tennis ball | 20 | | 100 balls | Tow time | 20 |
| Tennis rackets | 5 | | 4 rackets | One time | 20 |
| Billiard table | 100 | | 2 tables | One time | 200 |
| Billiard stick | 5 | | 4 sticks | One time | 20 |
| Badminton net | 50 | | 1 net | One time | 50 |
| Badminton coaches | 5 | | 2 rackets | One time | 10 |
| total | | | | | \$ 4020 |

Monitoring budget

| | | | | | |
|-----------|----|---|--|---------|--------|
| Transport | 30 | 2 | | 6 moth | 360 |
| others | 10 | 2 | | 6 month | 120 |
| total | | | | | \$ 480 |

Other budget

| | | | | | |
|---------------|-----|--|----|----------|-----|
| Water machine | 120 | | 1 | One time | 120 |
| Chairs | 10 | | 15 | One time | 150 |
| total | | | | | 270 |

Total budget

\$ 4770

Source:

- 1- 90% from the rehabilitation and care of persons with disability fund
- 2- 10% from the donors in my community

Impact of this training

I have learned many ideas and experiences from the Japanese disabled, who encouraged me to become a leader in my organization. And I met many persons with disabilities who give me advices how I can start with my organization and how I can deal with the pwds

I visited many place for example the accessibility check in Tokyo and independent living center and organization habtaki mental disability and the society for visual impairment which I learned the daily lives for pwds and how I can establish my organization.

And I visited the Peace Memorial Museum, where I learned the history of Hiroshima devastated by the atomic bombs and I met a survivor.

And also I visited the sport center for pwds in Tokyo and the rehabilitation center in Hiroshima which helped me to do my action plan

Conclusion

- After this course I achieve my aim why I came to Japan by Learn How to manage my life and live in the future better than past
- I learned from Japan people how to work Hard and use the time appropriate
- I will teach this experience to the members of my society to help them to fly to the Better