



Olympic Youth Development Centre (OYDC)

Providing sport and community development opportunities for young people

The centre promotes sports development in the region, as well as offering a wide range of educational programmes, health services and community activities.



Location	Lusaka (Zambia)
Organisation	International Olympic Committee
Start-end date	May 2010 – ongoing
Target group age	7-30 years old
Reach	Over 5,000 people
Partners	Zambian Government, National Olympic Committee Zambia, UK Sport, International Federations, National Federations, universities, foreign governments, private enterprise and sponsors
Key facts	The OYDC is the flagship project for the IOC's Sport for Hope Programme worldwide. Inspired young leaders take up roles in organising and executing events.
For inspiration	www.oydc.org.zm

Summary

The Olympic Youth Development Centre (OYDC) project provides sport and community development opportunities for young people and underserved segments of the population from the surrounding communities. It is based on beliefs and experiences that sport and its related facets, when harnessed well in an enabling environment, have the power to bring hope and development. A high quality sporting environment provides, motivates and promotes high quality athletes and sports leaders. Currently, the Centre hosts organised sports competitions, sports camps for children and youths between the ages of 7 to 30. In addition, the Centre also conducts coaches' and sports administrators' seminars and clinics. The OYDC also provides community development services; Olympic education, girl's empowerment and health services on HIV and AIDS, malaria and other health issues pertaining to athletes.

Keys to success

Unique partnership model

A key reason for the success of the OYDC is its unique partnership model. The Zambian government donated the land to the Zambian NOC. The IOC had the overall control during the construction phase and built the facility, and the six International Federations (IFs) of athletics, basketball, boxing, weightlifting, handball and hockey helped to develop the sports facilities, providing technical expertise as well as financial assistance. The Zambian NOC is now in charge of looking after the running and maintenance of the centre, with the ongoing support of its partners.

The multi-purpose complex

The Olympic Youth Development Centre has been set up as a multi-purpose complex, including outdoor facilities for athletics, football, basketball, tennis, handball, volleyball and hockey, an indoor sports venue, a boxing hall, a gym, and a number of educational and cultural areas, such as classrooms, a library, an internet zone and offices.





Sport for All objectives

Provide equal access to sport

The main purpose of the OYDC is to help enhance sports development in Zambia by offering sports competitions and training facilities. The main goal of the project is to provide positive sport and lifestyle opportunities for athletes, coaches, sports administrators and underserved women, youth and children, through high quality facilities for community development and high performance sports training and competitions.

Foster Olympic legacy

The OYDC in Lusaka is the first of its kind. The project aims to provide athletes, young people and communities in developing countries with better opportunities to practise sport sustainably and to be educated in the values of Olympism.

Improve public health and well-being

The OYDC also provides a wide range of educational programmes, health services and community activities to athletes and the general public in the region. There is increased knowledge and awareness of health and wellbeing among athletes and their families who participate in the programme.

How is the programme communicated?

The communication component of the programme is delivered through a mix of print and electronic media; community awareness through a system of posters and public advertisements, community and school programmes, as well as ministerial and corporate sports festivals.

How is the programme evaluated?

The OYDC has a Monitoring and Evaluation (M&E) Unit which evaluates all programmes and activities. The M&E Unit has designed data-capturing tools for all activities. These tools capture statistics and group and individual views from athletes, parents, guardians, partners and guests.

A decorative graphic consisting of a wave-like pattern of colored dots in shades of teal, purple, and pink, extending across the bottom half of the page.

“The centre has opened many doors of opportunities in my life. Apart from playing soccer the centre has put me back in school, a thing I thought would never happen.”

Mary Chama – Participant



Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world's adolescent population is insufficiently physically active (World Health Organization). Let's reverse the trend and get moving.



Promote sport and physical activity

Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world's population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.



Improve public health and well-being

Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.



Support active societies

Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.



Provide equal access to sport

Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.



Foster Olympic legacy

The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world

Learn more about best practices with our toolkit

Create your project based on proven academic research and experience of organisations

Share your experience and lead the way to inspire more projects

Connect with a vast network fueled by inspired partners

Find more information

- Sports and Active Society Programmes
- A Guide to Implementation
- www.olympic.org
- activesociety@olympic.org