

100 Projects for Peace
Final Report – Summer 2008
“Cover One in Honduras”
www.coveroneinternational.org
Honduras
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Section I:

A team of seven Colorado College students organized and facilitated 25 days of athletics and healthcare clinics for women and children in the department of Intibucá, Honduras between June 12th and July 10th, 2008. Our primary purpose was to use sports as a vehicle for providing health information, while also addressing, through sports clinics and empowerment classes, women’s physical and psychological health in a male-dominated culture.

We were stationed in Intibucá’s capital, La Esperanza, and traveled 40 kilometers to the village of San Miguelito Monday through Thursday. There we instructed 50 children from surrounding townships in soccer, volleyball and American football to contextualize basic health initiatives such as the harmfulness of burning trash and the benefits of good nutritional practices. On Fridays, we conducted two-hour soccer clinics followed by one-hour women’s health and empowerment classes for 15 to 20 women between the ages of 15 and 40 in La Esperanza. We also hosted several coaches’ clinics to train teachers and local community members in how to lead soccer, football and volleyball drills and scrimmages using the equipment that we provided. During these clinics we emphasized the role of the coach or teacher as a leader in the community.

With sports we were genuinely able to connect with the Honduran people. The kids we worked with came out of their shy manner towards strangers and the women opened themselves in ways that even the PeaceCorps volunteers, who had been working with them for years, had not previously seen. By empowering women and children through sport and education, they have the potential to strengthen their position in society and in their community, as well as improve their physical health.

Section II:

Honduras is currently the second most impoverished country in the Western Hemisphere. Deaths among children due to malnutrition or water-borne illness are extremely high. *Cover One* wanted to address these dangerous realities by educating children in how to care for their bodies, their environment, and their futures in a fun and interactive way.

For six months prior to our departure, we were in communication with Britta Tonnesson, a Peace Corps volunteer stationed in Intibucá, and Nery Armando Pineda, the director of *La Red de Escuelas de San Miguelito* (The San Miguelito School Network)). They secured lodging and transportation for us during our time in Honduras and were responsible for the organization of our clinic prior to our arrival. In Honduras, we were joined by Katlin Okamoto, a Colorado College alumna and director of the women’s program for *Soccer Without Borders*, for the initial 10 days of our program.

To maximize the number of student-athletes we could bring on our trip and supply sufficient athletic equipment, Cover One raised additional funds through other donors. We received two separate grants of \$500 each from the Colorado College President’s Discretionary budget and the Pikes Peak Community Foundation. We also sold approximately 500 bags of BuyWell International fair trade coffee.

We were well received in Intibucá. We were interviewed by local newspapers about our project and stories about our clinics were broadcast on local television channels.

Children in San Miguelito learned about good health practices and building relationships through sports. In addition to 14 days of sports coaching, the 50 children attending our camp benefited from eight health lessons covering such topics as water sanitation and trash management. We designed a pre- and post- assessment method to measure the changes in the children's understanding of the health material and sports technicalities. The majority of the children showed dramatic improvements in their knowledge of both fundamental health issues and key relationship-building principles associated with sports. After the final day of camp, we distributed the equipment to the coaches and teachers who had attended our trainings. The five schools that had sent teachers to our clinic received: 100 balls, 70 pairs of cleats, four volleyball nets, and a collection of health specific material.

We consider the women's clinic in La Esperanza our greatest success. The number of women attending each clinic increased weekly - from 13 the first week to 26 the last week. Not only did they appreciate the opportunity to play soccer together and gain valuable sports skills, they also took a genuine interest in the health lessons and women empowerment clinics that we offered. When asked one thing they learned from the health talks, half the women stated that they learned valuable reproductive information and the other half named confidence-building techniques, indicating that both were addressed and absorbed. In response to the question, "What is one thing that you would change about these health talks?" one third of the women responded that they wished we could have stayed longer or expounded upon the themes that we discussed, which shows a strong interest and enthusiasm in our program. The La Esperanza women with whom we worked gained a personal and socio-political awareness that may not have been available to them otherwise. The coaches and teachers of San Miguelito with whom we worked were receptive to our ideas and enthusiastic about using the equipment and lessons to work with their own children. However, we found that this aspect of our clinic needs to be improved upon by tailoring our clinic to the specific needs of the coaches or community leaders participating. While the community members in attendance at our coaches' clinic all learned valuable skills, we cannot be sure whether our teachings will be continued in our absence.

The women of the female clinics formally asked Cover One International to return to Intibucá, Honduras during their summer months (November to January) to lead a larger soccer and female empowerment clinic. Cover One has accepted this offer and is currently planning to return to Honduras to work with these women. We plan on raising the necessary funds for this trip from family and community donors and the sale of BuyWell fair-trade coffee. We believe this is an incredible opportunity to improve our clinics, refine our focus, and broaden our impact.

Budget

Money Raised

KWD Project for Peace grant.....	\$10,000
Colorado College President's grant.....	\$500
Pikes Peak Community Foundation grant.....	\$500
Sale of BuyWell International fair-trade coffee.....	\$1,800
Total Raised.....	\$12,800

Travel Expenses

Continental Airlines tickets from Denver, CO to San Pedro Sula, Honduras	
Roundtrip @ \$553.30 each x 7	\$3,873
Airline ticket for Katlin Okamoto from Soccer Without Borders.....	\$710
Airline expenses to Denver.....	\$1,212
Bus Transportation around Honduras approx. \$75 each x 7.....	\$525
Gasoline and Truck Matienence.....	\$412
Apart Hotel Plaza Familiar one month rental and hostel in SPS	\$1,040
Food	\$1,500
Vaccinations, booster shots and Malaria pills at approx. \$1,000.....	\$1,000
Additional purchases: internet, telephone, snacks.....	\$200

Total Travel Costs.....\$10,472

Equipment

30 T-Shirts for <i>Cover One</i> members & supporting PeaceCorps & Honduran staff	\$370
Basic health care amenities	\$123
Two Honduran pre-pay cell phone SIM cards	\$12
87 <i>Cover One</i> completion medals acquired in US.....	\$447
Equipment purchases	\$898
By donation: 50 Volleyballs from Molten USA Inc.	

Total Equipment Costs.....\$1,850

***Cover One* Advancement and Expansion**

Creating a <i>Cover One</i> website (www.coveroneinternational.org).....	\$350
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Total Project Costs \$12,672

Remaining Funds.....\$128









