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Addis Guzo

Neue Reise – Neue Fahrt

Gemeinnütziger Verein zur Unterstützung benachteiligter Menschen



Addis Guzo

TES – Therapy, Economic Empowerment and Sports

A Development And Integration Project

For People With Disabilities

To Be Implemented In Addis Ababa, Ethiopia

Together with

Addis Guzo Association August 2014

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Executive summary

Project title	TES: Therapy, Economic Empowerment and Sports A development and integration project for people with disabilities
Project holder	Addis Guzo Association Switzerland PO Box 703 3000 Bern 25 Switzerland
Location	Addis Ababa Ethiopia
Project duration	3 Years 2015 - 2017
Total number of beneficiaries	2000
Project amount	USD 252 582
Implementing body	Addis Guzo Ethiopia A Recognized Foreign Charity Ethiopia
Contact	Teferi Kassa Country Director Addis Guzo Ethiopia Mobile 00251 911 86 52 60 Email teferikb@gmail.com

Background

In June 2012, the Addis Guzo Association established a wheelchair workshop in Addis Ababa, Ethiopia. Used wheelchairs, collected in Switzerland, are repaired in the workshop and provided to people with disabilities. The dedicated team is well trained for the entire supply sequence: assessment, delivery, adjustment and repair.

The daily work with those affected by disabilities and their families has shown us how much the combination of poverty and disability affects their living conditions. There is no functioning social insurance system in Ethiopia. Access to medical and therapeutic care is limited. Educational and vocational training for people living with disabilities is almost non-existent. Most often the handicapped are forced to beg on the streets.



Project summary

In addition to improving mobility through the delivery of wheelchairs, we want to offer people with disabilities new opportunities for managing their daily activities. The main activities are: therapeutic care, skills training and economic empowerment, development of self-help groups, sporting and health-promoting activities, social counseling and integration. The basic attitude behind the TES project is: to support and counsel those with disabilities so they can realize a more self-determined, independent and fulfilling life.

Objectives

The main objective is:

To improve the living conditions of people with disabilities and their families.

This includes the following sub-objectives:

- Access to therapeutic care
- Access to knowledge and skills training
- Enabling employment and thus reduce / prevent poverty
- Access to social counseling and professional guidance
- Networking and social integration
- Support for family members
- Prevention of diseases and their subsequent consequences
- Access to sporting activities
- Improve physical health
- Promoting fun and games
- Improve mental well-being
- Strengthen their own healthy resources

Project contents

TES stands for Therapy, Economic Empowerment and Sports. Regardless of age and gender TES provides people with disabilities in Addis Ababa access to the following activities divided in three components:

1. Therapy

First there will be Physical Therapy treatment available. This will focus on in home instruction of those directly affected and their families on how to better master their daily lives, for example how to transfer someone from a wheelchair into the bed in a safe way or how to prevent subsequent consequences of a disability. Families with disabled children will benefit greatly from a daycare center where therapeutic facilities will be available. They will be also networked and receive professional guidance through social workers to better deal with their constant struggles.

Activities	Day care center for families with disabled children	2x / week
	Various therapeutic activities	2x / week
	Meeting point for young people	2x / week
	Counseling services	by appointment
Inputs	Human resources	
	Social worker	40%
	Physiotherapist	40%
	External volunteers	as needed
	Material	
	Therapy and game material	
	Tables, chairs	



A simple lunch will be provided to families. As a temporary solution, the Addis Guzo cafeteria can do this. At a later stage we plan to have a kitchen in the education building.

2. Economic Empowerment

This Project Component focuses on training and assisting groups of people with disabilities towards self-employment. This will be done through various seminars in teaching craft skills and basics of business management. The groups will be coached in setting up a micro-business cooperative and how to acquire orders. In addition, TES aims to increase the general knowledge through its Library and English courses.

Activities	Library		5x / week
	English lessons		2 - 3x / week
	Therapeutic activities		2 x / week
	Counseling services		by appointment
	Seminars		4 - 6 / year
Inputs	Human resources	2 librarians	2x 100%
		Social worker	40%
		Physiotherapist	40%
		External local teachers	as needed
	Material	Books and furnishings for the library	
		Teaching and training material	
		Therapy material	
		Tables, chairs	
		Copier, printer, whiteboard, etc.	

3. Sports

For people with disabilities sports is an extremely important factor in rehabilitation and integration. Through playful activities, physical capabilities (quality of motion, strength, endurance) can be strengthened and social interactions can be practiced. This Project Component consists of team sports (basketball), recreational sports in general and games. In addition, there is a plan to establish a children's sports group.

Activities	Coached training for wheelchair basketball		2 - 3x / week
	Coached training for sports and games in general		1 - 2x / week
	Sports-week program		1 - 2x / year
Inputs	Human resources	Social worker	20%
		Physiotherapist	20%
		2 sport coaches	2x 50%
		External volunteer sports coaches	as needed
	Material	Sports and games equipment	

TES

Therapy, Economic Empowerment and Sports

A Development And Integration Project For People With Disabilities



Setting

The beneficiaries of this project are children, adolescents, adults and the elderly with disabilities, as well as their relatives, neighbours and other caregivers. The beneficiaries can be found through the contacts in our wheelchair center, Addis Guzo. Through collaboration with other associations and organizations as well with government authorities, socially disadvantaged people from other circles can also participate in this project. The spatial requirements for the planned project have been created last year. On this site we built a training center and an outdoor sports court. A few infrastructural additions are still needed before starting the project.

The good contacts of Addis Guzo Association to companies working in the rehabilitation sector in Switzerland are helpful in the procurement of material (therapy equipment, sports equipment, training material). Some therapy and sports equipment has already been sent to Addis Ababa.

In the area of economic empowerment, three pilot projects have already been carried out successfully. A total of 40 people with disabilities participated in the short trainings. Three micro-business cooperatives (production of candles; sewing work; doll workshop) were founded. The motivation of the participants to secure their livelihood for the future on their own is very high. The experiences from these pilot projects are incorporated in the detailed planning.

Duration of project

The project TES is quoted for a three years period beginning January 2015. The developing skills phase lasts until mid-2015. During the second half of 2015, the project will be adjusted and enhanced based on experience where necessary. After project completion in the end of 2017, there will be a terminal evaluation, which entails the possible adjustments for the future.

Action plan for developing skills phase

1. Quarter 2015

- Purchase and install the necessary infrastructure
- Employing staff
- Set up of the meeting place for families with disabled children
- Elaboration of training programs
- Launching of therapy and counseling services
- Starting the sports training program

2. Quarter 2015

- Starting the skills training
- Starting supply of therapy
- Expansion of sports activities

TES
Therapy, Economic Empowerment
and Sports
A Development And Integration
Project For People With Disabilities



Human resources

All permanent employees will be trained professionals from Ethiopia. We will invite volunteer specialists from Switzerland (therapists, professionals for skills trainings, sport coaches) to give various intensive seminars and also to train the local staff. Addis Guzo Association will pay their travel expenses and accommodations.

Head of the TES project is Mr. Teferi Kassa, the Country Director of Addis Guzo Ethiopia (CV attached). As a deputy we will employ a social worker.

For the combined three Project Components the following human resources are necessary:

- 1 Social worker 100 %
- 1 Physiotherapist 100%
- 2 Librarians 100%
- 2 Sports coaches 50%
- Part-time positions for external local teachers (6 to 8 weeks per year)

The staff of the wheelchair center Addis Guzo will do different tasks, such as accounting, security, transport and cleaning.

Number of beneficiaries

With TES, people with disabilities will have access to different activities. On one side we will have weekly services and on the other side we will offer 4 to 6 various seminars per year.

We expect the following numbers of beneficiaries:

- Weekly continuous activities 120 to 150 Children, young people and adults
- Various seminars 150 to 200 beneficiaries per year

Also the relatives of the participants benefit indirectly from the TES project. It's clear improving the living conditions of the disabled has a positive effect on their entire environment. We will reach out to some 2000 people with our services over this three-year project.

Project costs

The total costs of the TES project amount over three years to USD 252 582. The following is a summary. A detailed budget is attached.

Infrastructure costs		14 740
Components	1. Therapy	43 582
	2. Economic Empowerment	110 374
	3. Sports	39 886
Costs for project car		44 000

Total TES project costs USD 252 582

	2015	2016	2017
Necessary infrastructure			
First floor training building: floor and walls	5 390		
Ramp to first floor (wheelchair accessible)	3 960		
Smooth surface for sports field	5 390		
Total infrastructure	USD 14 740		
Therapy			
Human resources			
1 Social worker 40%	2 200	2 332	2 464
1 Physiotherapist 40%	1 760	1 892	2 024
External specialists	3 300	3 300	3 300
Material			
Therapy and game material	3 300	550	550
Music: player and CD s	2 200	550	550
10 Tables	1 100		
30 Chairs	660		
Other costs			
Lunch costs for beneficiaries	1 650	1 650	1 650
Transportation costs for beneficiaries	2 200	2 200	2 200
Total per year	USD 18 370	USD 12 474	USD 12 738
Total Therapy	USD 43 582		
Economic Empowerment			
Human resources			
2 Librarians 100%	7 920	7 920	7 920
1 Social worker 40%	2 200	2 332	2 464
1 Physiotherapist 40%	1 760	1 892	2 024
External teachers	6 600	6 600	6 600
Material			
10 Bookshelves	1 650		
Purchase books	5 500	1 100	1 100
Magazines	550	550	550
Teaching and training material	8 800	8 800	8 800
Therapy and game material	4 400	550	550
2 Computer	1 100	1 100	
10 Tables	1 100		
30 Chairs	660		
1 Printer, copier, scanner	2 200		
2 Whiteboard	132		
Other costs			
Lunch costs for beneficiaries	550	550	550
Transportation costs for beneficiaries	1 100	1 100	1 100
Total per year	USD 46 222	USD 32 494	USD 31 658
Total Economic Empowerment	USD 110 374		

	2015	2016	2017
Sports			
Human resources			
1 Social worker 20%	1 100	1 166	1 232
1 Physiotherapist 20%	880	946	1 012
2 Sport coaches 50%	3 520	3 850	4 180
External sport coaches	3 300	3 300	3 300
Material			
Sports and game equipment	4 400	550	550
Other costs			
Lunch costs for beneficiaries	1 100	1 100	1 100
Transportation costs for beneficiaries	1 100	1 100	1 100
Total per year	USD 15 400	USD 12 012	USD 12 474
Total sports	USD 39 886		
Costs for project car			
1 Purchase Pickup car	27 500		
Car expenses (insurance, repairs, fuel)	5 500	5 500	5 500
Total costs for project car	USD 44 000		
Total TES project costs	USD 252 582		

Curriculum Vitae



Personal Detail

Name	Teferi Kassa
Date of Birth	25 July 1975
Place of Birth	Harar, Ethiopia
Nationality	Ethiopian
Marital Status	Married
Present Address	P.Box 16711, Addis Ababa, Email teferikb@gmail.com, Mobile 251-911865260.

Education al Background

I have been attending various trainings and regular educational programs in which I possessed some of the following professional qualifications

- Hold Master of Arts degree in HIV/AIDS from EGST in 2009
- BA In Community Development and Leadership From EAC in 2006
- Advanced Diploma In Metal Technology from ATTC- Harar (Menschen für Menschen – Agro and Technical Training College). In 1990

Short term Trainings

- Project Cycle Management
- Youth Development
- Project Monitoring and Evaluation
- Business Skills Training

Professional work experience

For the last twelve years I have been serving and practicing in different positional assignments with various organizations including own business work activities. Some of them are as listed below:

I have been working for three years as Program Manager for Sustainable economic Development Program of EKHC, wherein the program holds activities and interventions that focused in assisting and working for vulnerable community groups such as women, orphaned children, special needs people, unemployed poor youth groups and etc. as a manager or coordinator I had also been involved in leading and participating in activities such as:

- Vocational and Entrepreneurial Skills training Project
- Job Mediation /Job and Business Office/
- Micro enterprise development
- Life and business skills development & others

I have also worked as a program manager for ZPA (an indigenous NGO working in Addis Ababa at a volunteering basis for one year.

I have also worked with ATLDM, (Local NGO) as a Project Coordinator for two years.

I also have worked with G.F General Metal and Scale Making Enterprise as a manager for one year

Worked with A-Metal Enterprise as a Technical Manager

Have been working with Dan Techno craft Private Limited as a Prototype Technologist for two years.

Special Skills

- Program Management
- Project design, monitoring and evaluation
- Proposal Writing
- Feasibility study, marketing, and related skills
- Technical and developmental projects design, implementation, monitoring and evaluation
- Interpersonal communications skills
- Community empowerment and especial needs program orientation
- Social work skills
- HIV/AIDS and related programs knowledge
- Production and technical fabrication skills
- Business and development consultancy skills and others.

Language Proficiency

I do fluently speak, read, and write in the languages, Amharic, English and Oromiffa.

Hobbies

- Visiting Historical Places
- Doing technical Works
- Reading

References

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