



Addis Guzo
New journey – new ride
CH 3000 Bern
www.addisguzo.com
IBAN
CH950900000605241867

 Addis Guzo
Neue Reise – Neue Fahrt

Gemeinnütziger Verein zur Unterstützung benachteiligter Menschen



Center for people with disabilities in Ethiopia

Project RES
Rehabilitation, Economic Empowerment
and Sports

Project RES
Rehabilitation,
Economic Empowerment
and Sports



Table of content



Project overview	2
Background information	3
Project: Access to mobility – wheelchair workshop	3
Project RES	3
Evaluation of project TES	3
Goals	4
Project contents	4
Rehabilitation	4
Economic Empowerment	5
Sports	5
Human resources	5
Beneficiaries	6
Project duration	6
Project costs	6

Project Overview



Operational organization	Addis Guzo New journey – new ride 3000 Bern Switzerland
Location	Addis Abeba Ethiopia
Project duration	3 years, starting 2018 until end of 2020
Number of beneficiaries	2000 people with disabilities and their families
Project costs	278'420.– US Dollars (USD)
Implementing organization	Addis Guzo Ethiopia Registered Foreign Charity in Ethiopia
Contact	Bernhard Wissler Founder +41 79 898 71 20 info@addisguzo.com Tamirat Belay Country Director +251 924 13 53 21 tamirat.yeshanew@addisguzo.com Alexandra Huber Project coordinator +251 912 93 69 73 alexanda.huber@addisguzo.com



Background information

Since 2012, we have been running a center for disabled people in Addis Ababa, the capital city of Ethiopia. Through our offers in counseling, provision of care, therapy, education and sports, we promote the social and professional integration of people with disabilities. The center Addis Guzo is run and operated exclusively by Ethiopian employees. Our work is highly appreciated by national and international organizations, local authorities and diplomatic missions.

Ethiopia is one of the poorest countries in the world. For people with a disability the living conditions are particularly hard. As there is no state support, they are self-reliant or dependent on the help of their families. The supply gap for auxiliary devices, in particular wheelchairs, is enormous. The affected persons or their families can rarely afford medical-therapeutic measures. This has a negative impact on the state of health and makes the chances of reintegration more difficult. With the wheelchair workshop and RES rehabilitation, economic empowerment and sports projects, our center contributes significantly to the provision of tools, resources and the social integration of people with disabilities.

Project: Access to mobility – wheelchair workshop

The offer of our wheelchair workshop in Addis Ababa is unique throughout Ethiopia. Every year, we provide over 600 to people with disabilities. Through our collection campaigns in Switzerland, we have a large selection of models. Our workshop employees have been technically trained over years and are able to meet the individual needs of our clients. Thanks to a comprehensive repair service, we ensure a long-term use of the delivered mobility aids (especially wheelchairs) and spareparts.

Project RES – Rehabilitation, Economic Empowerment and Sports

With the project RES, we offer new perspectives to people with disabilities in different areas of life. The main focus of the project is rehabilitation, training and education leading to economic empowerment, self-help groups, sports and health-promoting activities as well as social counseling and integration. The aim of this project is to provide people with disabilities with the help of professional support and support to a self-determined, independent and fulfilled life. After an intensive planning and building phase, we opened our Rehabilitation Center in October 2015.

Evaluation of project TES– Therapy, Economic Empowerment and Sports (2015 – 2017)

The review of the project TES (2015 to the end of 2107) is very positive. The planned activities were almost without exception successfully built and implemented. Addis Guzo has opened up new opportunities for many directly affected people with disabilities and their families and strengthened their self-esteem. Our center has become a lively place and a platform to meet people with and without disabilities. We were surprised by the large participation and concern of the population and the high recognition by visitors. The achieved results and the positive feedback strengthen our motivation and drive us to the next tasks in form of the project RES.

Project RES Rehabilitation, Economic Empowerment and Sports



After evaluating the on-site working reality, we adjust our project objectives and content to the developments and the resulting needs. For example, the need for physiotherapeutic treatment is very high, therefore we intend to expand the therapeutic area in our rehabilitation center. In order to secure the later and, above all, sustain success of Economic Empowerment program in the field of education, the support of the individual groups require more time than originally planned, therefore we plan to put our main efforts into leading all existing groups into complete independence. The library offer was rarely used. Despite continuous publicity and different activities, the visitor numbers remained low. Therefore, we will temporarily stop the library operation.

The sports sector, on the other hand, shows high turnout and should be expanded. The wheelchair basketball needs more intensive training in order to achieve their dream to participate at the Paralympic Games one day. Unfortunately, we lack the resources to meet this desire, which we try to change now.

Goals

The main objective of the project RAS is to improve the living conditions of people with disabilities in Ethiopia. This includes:

- Access to therapeutic care
- Transfer of knowledge and skills
- Enabling employment and thus reducing / preventing poverty
- Access to social counseling
- Networking and social integration
- Supporting & assisting family members
- Prevention of illness and subsequent damage
- Enable sporting activities, fun and games
- Improve mental well-being
- Strengthening our own, healthy resources in the sense of salutogenesis
- Extend the awareness of the population and the authorities of the needs of people with disabilities

Rehabilitation

The heart of our rehabilitation domain, is our day care and rehabilitation center for families with disabled children. By extending our space for physiotherapy by adding another room, we can double the offer and beneficiaries. Ten families take part ten times a week. The children are treated physiotherapeutically in everyday activities. At the same time, family members learn how to deal with their children at home, how to include them in their daily lives and how to empower them to be a valuable member of their family. The physiotherapeutic treatment of children, adolescents and adults has been very well established. Another area of responsibility is advising on difficult wheelchair supplies. The interdisciplinary cooperation with the wheelchair workshop team has proved very successful. Last but not least, social and stigmatic problems of families can be addressed in various group sessions or individual counselling session with our Psychosocial Therapist.



Economic empowerment

The project TES (2015 to 2017) was characterized by the development and implementation of five different training units and the establishment of microbusiness cooperatives. Under RES, the acquired competences are to be deepened and the ability to excel in the market to be strengthened. We understand our training task as an accompaniment to the participants to the point of complete economic independence. This includes, among other things, the training of the craft skills, the learning of the basic knowledge of the management, the establishment of suitable group structures, the establishment of a workshop, the establishment of market connections, the purchase of materials, the expansion of the product range and finance and accounting knowledge. We are currently supporting eight groups. The work includes: sewing, candle production, doll workshop, pottery and production of simple cooking places. The start of a new training is not planned at the moment. However, if we are able to provide the necessary resources, the establishment of new IGA groups is quite conceivable.

Sports

The positive effects on people of sports activities is very noticeable on our sports field. Our male and female wheelchair basketball players practice four times a week with great dedication, excitement and great joy. Emotions break out, muscles tighten, boundaries are overcome and social disputes are carried out. Over 20 men and 10 women participate regularly in the training. This is managed by two professional trainers. Since the ICRC has launched a program to promote wheelchair basketball sport in Ethiopia, close cooperation has been established. Our big dream is that the resulting synergies will carry our team or individual members to the Paralympics in Tokyo. Other sports activities also find their place. During the rainy season table tennis, darts, chess and weight lifting are offered. As a new element in the sport segment, we are introducing a contemporary dance group for people with disabilities into the program.

Human resources

All employees are trained and educated specialists from Ethiopia. As mentioned above, the plan is to close the library and open up a second physiotherapy room at our rehabilitation center. As a result, a second physiotherapist will be hired at the start of the 2018 project. The wages provided include the usual costs for taxation and pension for Ethiopia as well as the health insurance. In all three program areas, specialists from Switzerland are used as professional volunteers for regular further training. There is no provision for compensation for such operations. Addis Guzo, however, plans to pay for travel expenses and accommodation. Project management is the task of Mr. Tamirat Belay, Country Director of Addis Guzo Ethiopia and the Management Team members.

The following positions are planned for the entire program:

- Psycho-social Therapist (Deputy Project manager), 100%, 1 position
- Social worker, 100%, 1 position
- Physiotherapist, 100%, 2 positions
- Sports trainer, 50%, 2 positions sharing 1
- Accounting and finance, 50%, 1 position
- Partial positions for external trainers (6 to 8 weeks per year)

Tasks such as safety, driving or cleaning are taken over by the wheelchair center staff.

Project RES Rehabilitation, Economic Empowerment and Sports



Project contents

Irrespective of age and gender, people with disabilities living in Ethiopia should be given access to all offers of project RES.

Beneficiaries

Thanks to RES, people with disabilities are given access to a wide range of services. Scheduled are continuous activities on the one hand and seminar offers on the other.

Divided into the individual areas, we reach the following beneficiary numbers:

- Children and teens program 30 beneficiaries per week (average duration of therapy is 3 months)
- Economic Empowerment program 100 beneficiaries in 8 different Economic Empowerment groups
- Sports program 40 beneficiaries per week
- Seminars and further training 80 to 100 beneficiaries per year

Indirectly, the RES project also has great benefits on the family members and caregivers of our beneficiaries. An improved living situation of the direct victims has a positive effect on their environment. Over the entire duration of the project, about **2'000 people** will benefit from our services.

Project duration

Like the first project period, the second one will last three years. The project start is in January 2018 and ends in December 2020.

Project costs

The total costs of the project are USD 278'420. The table below gives an overview of the annual costs per program area.

Year	2018	2019	2020	Total
Costs for additional infrastructure	12'000	6'000	6'000	24'000
Children's and teens program	29'960	27'070	27'200	84'230
Economic empowerment program	40'900	36'510	36'620	114'030
Sports program	18'640	18'720	18'800	56'160
Total per year	101'500	88'300	88'620	
Total of all project costs for 3 years period (2018 until end of 2020)				278'420