



**Country:**

 Namibia

**Organisation:**

Namibian Football Association (NFA)

**Find more here:**

[https://twitter.com/official\\_nfa](https://twitter.com/official_nfa)

<https://beyondsport.org/project/n/nfa-galz-goals-2>

**Contact:**

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**Type of activity:**

Sport for development

**Short description:**

The programme “Galz and Goals”, a pedagogical programme, was established to focus on HIV/AIDS prevention, health promotion and life skills training. The “Free Throw – Basketball Artists Against HIV/AIDS” programme applies basketball to promote HIV/AIDS prevention and school education. The coaching manuals “Football4Life”, “Basketball4Life”, “Volleyball4Life” and “Netball4Life” support coaches in implementing appropriate S4D activities in their training sessions.

The programme also connects with the UNAIDS Namibia campaign “Protect the Goal”. Galz and Goals aims to reduce vulnerability among adolescent girls, through empowerment by integrating life skills, HIV/AIDS and healthy lifestyle education into football leagues and festivals, the fastest growing sport among girls.

**SDGs covered by this activity:**



**Key topics covered by this activity:**

HIV/AIDS prevention, health promotion and life skills training, empowerment of girls and gender equality