

A young girl with long, curly brown hair in a ponytail, wearing a light blue jacket, is seen from behind. She is holding a basketball in her right hand. The background is a blurred indoor sports court with green and yellow walls.

Move Forward

Annual report 2021

General information

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Move Forward foundation

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Board of directors

President: Maxi Hill

Treasurer: Thera Adam - van Straaten

Secretary: Chablis Platenburg

The board of directors don't get a salary for their work as board members. Coaches, producers and visual artists working during our projects are volunteers or freelancers.

Goals

The main purpose of the Move Forward Foundation is to support and stimulate the personal and talent development of participants on projects where movement is used and stimulated for the benefit of young people growing up in difficult or exceptional living conditions at national and international level.

The foundation tries to achieve its goal by:

- initiating, developing, organizing, co-organising, coordinating, guiding and supporting workshops where movement is used and stimulated for the benefit of young people growing up in difficult or exceptional living conditions at national and international level.
- initiating, developing, organising, co-organising, coordinating, guiding and supporting projects where movement is used and stimulated for the benefit of young people growing up in difficult or exceptional living conditions at national and international level.
- cooperate with local organizations active in the field of movement and/or the mental health of young people in the place or country where the project concerned takes place.



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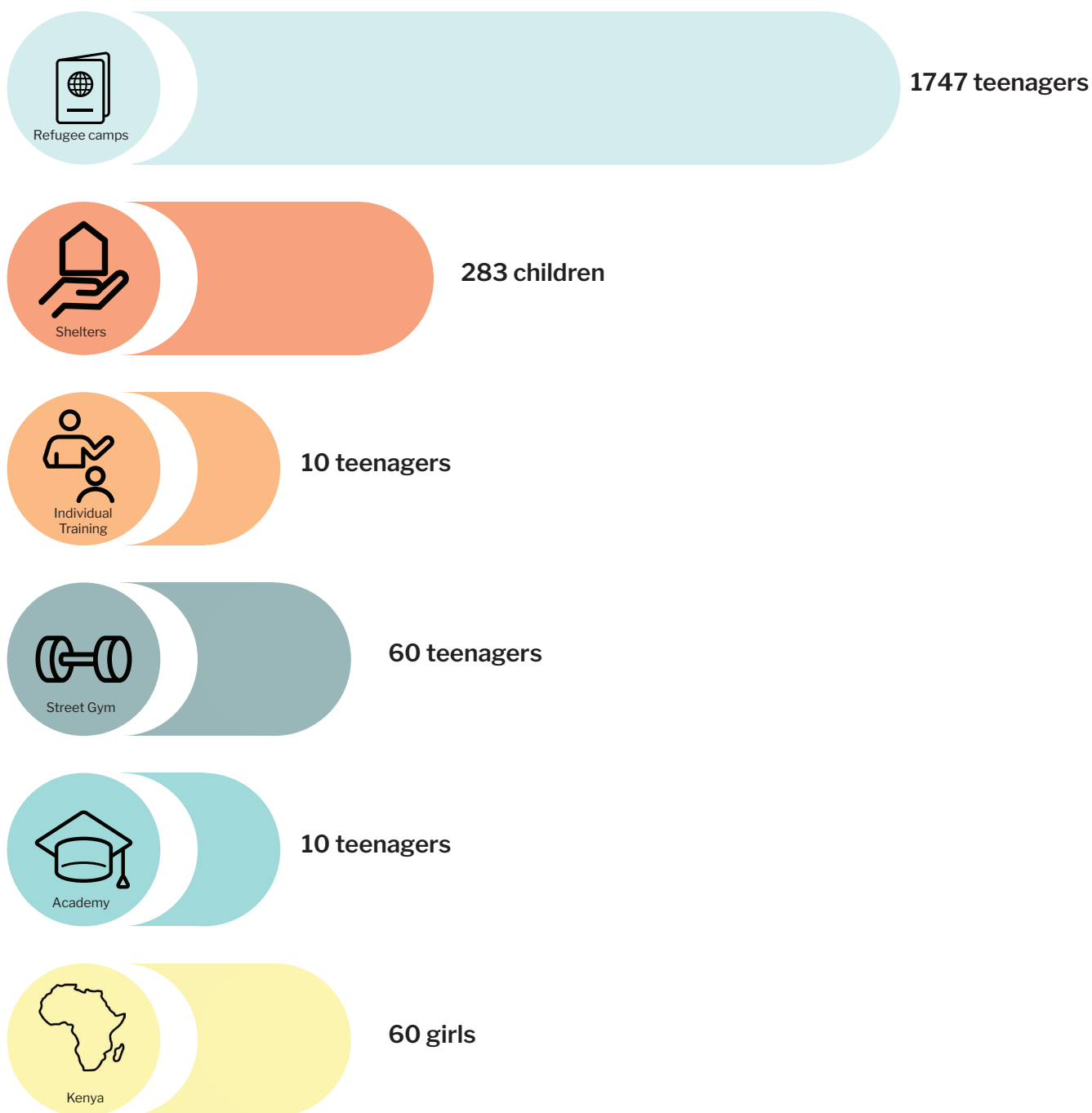


Projects 2021

Move Forward's main goal is to support traumatized teenagers through movement. Our team of coaches believes in the power of physical trauma relief. In 2021 we used dance, basketball, music, boxing and street gym to make teenagers physically and mentally stronger. Our projects gave self-esteem and resilience to traumatized teenagers in shelters, slums and refugee camps.

Our achievements this year:

With 334 activities we reached out to 2170 traumatized children and teenagers in 2021.



Workshop Tour refugee camps

The first quarter of 2021 we gave dance, music and sports workshops that could not be given in 2020 due to the restrictions related to the pandemic. May 2021 we started a new workshop tour in the refugee camps. This year we were supported mainly by national grants, with the result that we could better serve the requests from each refugee camp, no matter where they were.

In 2021 we could act better and faster as a team. For example when emergency shelters asked for help, we could send coaches within a few days to offer workshops to their new residents. The team of Move Forward has grown in this during the pandemic.

We were able to give 178 dance, music and sports workshops in 32 refugee camps and 2 emergency shelters. The average number of participants in 2021 was 10 children/teenagers per workshop. In total 1747 children and teenagers participated in our dance, music and sports workshops.



Workshop Tour shelters

In 2021 we gave 45 dance and music workshops in shelters based in Amsterdam. Hiphop inspired dance and rap workshops and djembe for the teenagers and dance and games for the little children. When there was a need for sports workshops, we transformed our Street Gym training into an indoor version where young people could do strength training with various fitness equipment.

283 children and young people participated in our workshops. On average we had 6 participants per workshop. This is lower than other years and can be explained by the restrictions related to the pandemic. Many shelters do not have an outdoor space, which made us dependent on available indoor spaces and the preference was to maintain a distance of 1.5 meters. We have offered workshops in the following shelters:

Het Oranje Huis, Blijf Groep Amsterdam
This is a crisis shelter in the center of Amsterdam.

HVO Querido Roggeveen
A shelter for women, children and families in need, located in Amsterdam West.

Level5
A youth care organization where children and young people with complex problems and/or a mild intellectual disability are supervised. We provided the workshops this year at the two locations in Amsterdam South East and Amsterdam West.



Individual training sessions

Since the arrival of the pandemic, we have started offering individual training sessions. We have informed social workers, youth workers and our contacts in shelters and refugee camps that our coaches are available to provide individual training sessions.

It concerns sports or dance training for traumatized or neglected young people whose mental and physical complaints have been damaged by the pandemic. In 2020 54 training courses were requested. In 2021 Move Forward provided 32 individual training sessions to teenagers with mental problems in Utrecht and Amsterdam. We expected the opposite, that the requests would increase. Now we know that is not the case, we have decided not to continue the individual training sessions in 2022, but to focus on group workshops and reach more traumatized teenagers.



Street Gym

This project was supposed to start in 2020, but when the pandemic arrived we were only able to achieve the preparations that year. We started the activities at the beginning of 2021. Most activities were planned between January to October 2021, organizing a total of 56 open street gym training sessions and 22 academy days.

For teenagers, the open Street Gym training sessions provided continuity and security during the pandemic. Most teenagers joining this project came from the Kraaiennest district and the Ganzenhoef district in Amsterdam South East. On Tuesday teenagers

from 16 years and up were welcome and on Thursday teenagers from 12 years old. More than 60 young people took part in our weekly training sessions.

With this project we have stimulated young people to exercise in the open air and help them with their physical and mental health during the pandemic. Teenagers were often no longer allowed to go outside, just to protect a vulnerable family member against virus infection, association activities came to a standstill and schools started teaching online. Many young people got into a negative spiral and fled into the world of social media, making the barrier to go outside greater than before.

The Street Gym was able to stimulate teenagers to an active lifestyle. Starting with exercise and healthy functioning and an attitude to make something of the future.

In addition to the weekly open training sessions for young people, we also had a training program called the Street Academy. 10 participants between 18-25 years old were scouted by our coaches. They were prepared to become an example for their environment and to positively influence, stimulate and motivate the younger youth.

We made them aware of the possibilities to help traumatized young people through exercise with their trauma relief. In addition, in this training they could work on physical goals, deepen their skills and we gave the group the perspective to grow from participant to assist or junior coach.



Move Forward Kenya

Kibera is Africa's largest slum where the numbers of rape of teenage girls is very high and abortion not done. This community project had the goal to make these girls mentally and physically stronger, give them resilience and power.

Our local partner in dance had approached Move Forward to set up a sports program for the community. This was initially supposed to take place in April 2020, but that was just after the coronavirus outbreak, a time where much was still unclear.

In consultation with the local organization Project Elimu, we have decided to launch this project in June 2021.

This pilot project had an intensive program of one week filled with daily boxing and basketball training sessions. The final day, named Champions Day, containing boxing and basketball demonstrations were given together with dance and singing performances. We asked a local DJ to provide the music and there was a festive meal for everyone. We closed Champions Day with a diploma ceremony where each participant had a moment to feel special and feel seen. In the end, 60 girls participated in this basketball and boxing program.



Prospects for 2022

We will start this year with the continuation of our workshop tour in the shelters. The lockdown will end half January and this gives us a go to start to give workshops in shelters again.

In addition, we will focus on fundraising to continue the community project in Kenya. In 2021 we were able to set up a pilot project with a small budget. We want to roll out a long-term project in Kenya in 2022.

A new community project called Move Forward Mexico will happen when we get it financially covered. This project will focus on teenage girls experiencing violence, femicide is a major problem in Mexico. Hopefully from May a new workshop tour will start in the refugee camps and emergency shelters. And finally, we want to start a follow-up project in September where an improved version of the Street Gym and Street Academy will be built.

The Move Forward team is looking forward to a new year filled with activities for traumatized teenagers in shelters, slums and refugee camps.





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