

**CASE STUDY**

# ENHANCING (PHYSICAL) EDUCATION IN EMERGENCIES



**Region:** Asia (Iran)

**Project Name:** Sport and Play for Traumatized Children and Youth in Bam, Iran

Developed by the Swiss Academy for Development (SAD), this project was carried out in response to the earthquake in Bam, Iran in 2003. The earthquake disrupted lives, families and social bonds and led to emotional scars and psychological traumas. The project aimed to support the psychosocial rehabilitation process in the homeless camps. By means of sport and other game-based activities, children and youth were offered a pastime structure that could serve as a stable social background, help to channel emotions, frustration and aggression, improve mental and physical wellbeing and promote values such as teamwork and fair-play that are the basis for a peaceful environment.

**Reach**

**300+**

**Age**

**6-18**

**Number of partners**

**3**

## **Impact**

Sport and play had a positive impact on the physical and mental wellbeing and development of participating children

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Significant changes in behaviour, self-confidence, and group dynamics were noted

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Social cohesion not only improved, but even transferred into daily lives

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Children involved in the project demonstrated increasing levels of respect, fair play, and tolerance when interacting with others and observing rules

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Family relationships stabilized as a result of involvement in the project

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A cultural and gender sensitive approach enabled the inclusion of a significant number of girls in the project

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Coaches were selected from the location in order to enhance capacity development and project sustainability

**Further details:**

[www.sad.ch/en/projects/completed/105-traumatized-children-and-young-people-in-bam](http://www.sad.ch/en/projects/completed/105-traumatized-children-and-young-people-in-bam)