



# Strategy Stichting Sport on the Move Foundation 2021

**We believe that creating a supportive sports environment enables athletes with a handicap to compete at the highest level in Paralympic sports, gives them perspective for a life after sport, and makes them role models to the community.**

First edition - 23 February 2021



## Contact

### Namibia

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**Companies registration office:**

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**Bank account:**

Bank Account No. 8010141980  
Bank Windhoek (Windhoek branch)  
Swift code BWLINANX

**Board members:**

- Doufi Namalambo (chairperson)
- Taleen Kazandjian (treasurer)
- Memory Kahlari
- Michael Hamukwaya
- Frank Gschwender
- Ina Neuberger - Wilkie
- Paul Gschwender

**Available documents:**

- TBC

### Netherlands

**Contact:**

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**Chamber of Commerce:** 81526873

**RSIN number:** 862126691

**Bank account:**

Opening bank account in process at Rabobank

**Board members:**

- Elisa Ostet (chairperson)
- Sebastian Piest (treasurer & secretary)
- Bernard Diphooen

**Available documents:**

- [Statutes \(in Dutch only\)](#)

## About the Sport on the Move foundation

**The Sport on the Move Foundation is an organization focused on helping para athletes with their day to day training, preparation for major games/events, coaching for the present, as well as for life after professional sport. In short, the Foundation is geared to take care of para athletes' overall wellbeing.**

### Introduction Doufi Namalambo Sport on the Move Namibia

I would like to start by thanking you for joining us in what is perhaps the most important initiative for the Namibian Sports Fraternity. All of us agree: sport has the ability to change one's life and the foundation is here to make sure that the Paralympic athletes continue to raise the Namibian flag high.

Some of our team members are coming a long way, such as Mike and Memory. But the entire group came together in mid-2015, one year ahead of Rio, to provide support to the athletes in their preparations. Or should I say: to compensate for lack of other support.

We started the Run4Rio campaign as a private initiative and managed to provide critical support in areas such as coaching, training, equipment, and nutrition. This support made the difference, and led to historical gold, 2 silver, and 2 bronze medals at Rio2016 Paralympic games.

When the athletes came back from Rio, we agreed to keep on working together with a new perspective: the Paralympics in Tokyo 2020. To anchor all our efforts we decided to create an institutional structure in the format of the Sport on the Move Foundation in Namibia in 2017.

The aim of our foundation is to create an enabling environment which allows para-athletes to perform to their best abilities and continue positioning their country internationally.

We are currently in the phase towards the Paralympic Games of Tokyo2020 in Tokyo. These games were originally scheduled in the summer of 2020. Due to the Covid-19 pandemic the games are postponed to summer 2021. We warmly invite you to join us in supporting our Paralympic sports heroes!

Doufi Nambalambo

Chairperson Sport on the Move Foundation  
Namibia



## Introduction Elisa Ostet Sport on the Move The Netherlands

It was the end of 2015 when one of my classmates forwarded me an email from somebody in Namibia. It was a request for support for the blind athlete Ananias Shikongo sent by Frank Gschwender. They were looking for somebody who could help with some marketing and fundraising.

By that time, I had no idea where to point Namibia on the world map. Also, almost nothing could be found about this athlete and his guide except some competition results. I was eager to meet Ananias and Frank via Skype to learn more about their story. This first online meeting brought our worlds together and was the beginning of our journey.

We had several Skype meetings to prepare our first campaign Run4Rio. A website was built including social media channels. We started to communicate Ananias' story and with the result of our first fundraising campaign he was able to improve his preparations towards the Rio2016 Paralympic Games.

I managed to obtain a position as a volunteer at the Rio2016 Olympic and Paralympic Games. It was a wonderful experience to see so many great athletes competing at the highest stage in sport. Together with some Namibians I watched the T11 200m final. The memory of Ananias and his guide Even Tjivjiu winning gold still gives me goosebumps!

After the races we met for the first time in the Olympic village. Ananias; now a Paralympic

champion and record holder, also introduced me to other members of team Namibia. He explained that he was very lucky with all the support and was looking for a way to help other athletes with a handicap like Johannes Nambala, who won two times silver in Rio2016, and Lahja Ishitile, a promising athlete. This planted a seed in our thoughts.

Two months after the Paralympic Games I put my first steps on the Namibian soil. I was warmly welcomed in the Gschwender family. We had many talks and brainstorm sessions together with athletes, guides, NPC staff and people who were willing to support. It gave me a better idea of the para-athlete's challenges and opportunities in Namibia. On our last evening together the name of our initiative was chosen: Sport on the Move.

A lot has been done since, and there is still a long way to go to level playing field for para-athletes. We can't express enough the importance of partnerships in achieving goals. This is why we established the Dutch Stichting Sport on the Move Foundation. Together with our Namibian sports family we are eager to expand our journey in the spirit of the Paralympic Movement.

Elisa Ostet

Chairperson  
Stichting Sport on  
the Move  
Foundation The  
Netherlands





## The goal of the foundation

1.a. improving the sports ecosystem for athletes with a handicap to enable them to perform on the highest level in Paralympic sport, to be a role model for the community and to prepare them for a life after sport.

1.b. to perform all further actions that are related to the aforementioned purpose that enables the foundation to reach her goals.

2. The foundation wants to reach her goals via (financial) support for training, equipment, materials, nutrition, transport to training and competitions and sport specific healthcare. It also helps athletes to prepare them for a life after sport (via education and coaching). International collaboration and knowledge exchange in the Paralympic sport is the way how we make things happen. The foundation also promotes the Paralympic sport via media, clinics, and fundraising activities.

3. The foundation is a not-for-profit organisation.

Board members do not receive any financial remuneration for their work. They are allowed to reimburse the costs incurred by performing their voluntary work. This needs to be approved by the board in advance.



## Our champions (beneficiaries)

The Foundation supports some of the most successful and promising Namibian Paralympic athletes on their roads to the highest stages of Paralympic sport. For the Paralympic Games of Tokyo2020 we focus on supporting the following athletes and their guide runners:



### Ananias Shikongo

T11 (TOTAL BLIND)

Shikongo is the first Namibian male athlete to win gold at the Paralympic Games. He also won two bronze medals in Rio2016. ▶▶ [Read more](#)

Guides: Even Tjivijiu and Sem Shimanda



### Johannes Nambala

T13 (VISUAL IMPAIRED)

Nambala is a two times Paralympic silver medalist and World champion in the 400m sprint event. ▶▶ [Read more](#)



### Lahja Ishitile

T11 (TOTAL BLIND)

Ishitile is a promising young para-athlete. She is participating in the short distance events and long jump. ▶▶ [Read more](#)

Guides: Sydney Kamuaruuma



## Upcoming talents

Namibian Sport on the Move para-athletes are doing very well compared to their (mostly physically impaired) peers without extra support. We support the following para-athletes with an IPC World Ranking occasionally:

- Bradley Murere (T47, 21st in 100m event, 25th in 400m)
- Chris Kinda (T12, 9th in 200m, 6th in 400m)
- Petrus Karuli (T37, 2nd in 800m, 6th in 1500m)
- Simon Shihepo (F37, 14th in shot put, 16th in discus throw)
- Dian Jansen (F44, 3rd in shot put, 8th in discus throw)
- Martha Hitekalute (F37, 15th in shot put, 12th in discus throw)
- Sylvia Shivolo (F40, 5th in shot put, 6th in discus throw)

Currently not on the rankings but para-athletes to keep an eye on::

- Roodley Dup (para-cycling / handbike)
- Matheus Angola (para-swimming)

We need to support more (upcoming) para-athletes to put Namibia higher on the international rankings of parasport. We are sure that the above list of athletes will improve their performance if they receive more support.

After each Paralympic Games we will reconsider our support for the following 4 year period towards the next Paralympic Games. Athletes can apply for support via the National Paralympic Committee (NPC) or by contacting the foundation directly. Athletes need to have a position on the international Paralympic world rankings and / or a recommendation from a NPC or official sports body before they can apply for support.



## Activities 2021

For 2021 we are focusing on the Paralympic Games of Tokyo2020 in Japan. Due to the global Covid-19 pandemic a lot of competitions have been canceled or postponed. However, athletes need to keep their fitness high and be ready to perform on the highest level in Paralympic sports. The pandemic also gives challenges with regards to organising fundraising events. In 2021 we need to find new ways for (online) fundraising campaigns.

### Training stage and competitions 2021

In preparation for the Tokyo 2020 Paralympic Games, athletes should participate in several competitions to secure their position in the rankings. Currently the following para-athletics Grand Prix are scheduled for 2021.

| Name                                                | Location              | Dates              |
|-----------------------------------------------------|-----------------------|--------------------|
| Jesolo 2021 Grand Prix - Italian Open Championships | City TBC; Italy       | 16 – 18 April 2021 |
| Paris 2021 Grand Prix - Handisport Open Paris       | Paris, France;        | 05 – 07 May 2021   |
| Nottwil 2021 Grand Prix - ParaAthletics             | Nottwil, Switzerland; | 14 – 16 May 2021   |

source: <https://www.paralympic.org/athletics/grand-prix-2021>

It would be great if athletes can kick start the season in Dubai. China and Brazil are more expensive and not very practical competitions when it comes to combining events. Therefore, the board and athletes decided to combine the Grand Prix in Italy, France and Switzerland in 1 training stage in Europe. Eventually combined with some other competitions like the Brussels Grand Prix.

Athletes can stay with Elisa & Sebastian in Enschede. Athletic Club Tion is available for training and support. For the competitions, apartments with kitchens are booked via booking.com. See the budget plan for a more detailed overview of the costs involved.

### Paralympic Games Tokyo2020

The Paralympic Games of Tokyo, Japan are scheduled between 24 August and 5 September 2021. It's postponed due to the worldwide Covid-19 pandemic. Athletes need to train every week to improve their performance. During this event athletes are under supervision of the Namibia National Paralympic Committee. The foundation collaborates with the NPC to determine how we together can support athletes.



## Fundraising

We have several fundraising events to support our athletes on their road to the Paralympic Games of Tokyo2020.

### **Auction of Namibian bags Netherlands Spring 2021**

In January, 25 Namibian bags were delivered in the Netherlands. The idea is to sell these bags via an online auction. Together with Reza Jalilpour Photography and Namibian students in Enschede we will make good photos. We will promote these bags via our social media channels and website.

We invested 8040 Namibian Dollars / 445 Euro to buy 25 bags. We want to at least double the price. We expect to raise 1.000 euro. Of course we hope people would like to add more for those unique handmade Namibian bags!

### **Online media campaign March - May 2021**

From March onwards we are heating up for the Paralympic Games of Tokyo2020. There are several competitions in Europe scheduled. A good moment to start an online media campaign to promote the Sport on the Move Foundation and ask for support for our athletes. If the regulations are more relaxed, we can combine this online campaign with a Meet-the-Athlete event and blind running clinics on the AC Tion Track and U-track in Enschede and other athletic clubs in the Netherlands. Otherwise we can organise an online Meet & Greet with the athletes.

### **Kapana event Namibia March / April 2021**

Kapana is Namibia's national street food. We can ask people to pre-order Kapana to help our athletes towards Tokyo2020. It would be great to combine it with a fundraising event in collaboration with our Namibian partners like Cramer Ice Cream, BSF, Windhoek highschool and Gondwana.



## Awareness campaigns

### Website and social media

Via our website and social media channels we want to inform our audience about the Paralympic movement and our athletes specially. This will be done continuously through the year and especially around activities and competitions.

| Topic                                      | Description                                                                                                                                                                                                                                                                                                         | Period               |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>Online auction</b>                      | In the beginning of 2021 we will launch our new website and the Dutch foundation with the online auction.                                                                                                                                                                                                           | February             |
| <b>Female athletes awareness</b>           | On International Women's Day we would like to put our spotlights on the female para-athletes. We want to encourage other women with disabilities to take up sports. This year's theme is <b>#ChooseToChallenge</b><br><a href="https://www.internationalwomensday.com/">https://www.internationalwomensday.com/</a> | 8 March<br>2 weeks   |
| <b>Tokyo2020 qualification events</b>      | Inform people about the progress of our Tokyo2020 preparations and competitions. Also promoting our fundraising events                                                                                                                                                                                              | March - May          |
| <b>Tokyo2020 preparation</b>               | Update people about the preparations towards the Paralympic Games. How are the athletes doing?                                                                                                                                                                                                                      | June - August        |
| <b>Tokyo2020 Games</b>                     | Share results and information about the Paralympic Games                                                                                                                                                                                                                                                            | August - September   |
| <b>Stay in touch and become a friend</b>   | Inform people about the foundation's activities and invite them to become a friend. Via donations or while participating in the Sport on the Move team during the Desert Dash.                                                                                                                                      | September - December |
| <b>Evaluation and strategy 2022 - 2024</b> | Reflection on 2021 activities and plan towards Paris 2024 Paralympic Games.                                                                                                                                                                                                                                         | December             |

## Desert Dash Namibia December 2021

In December 2021 there will be another Desert Dash organized. It's an amazing Mountain Bike route from Windhoek to Swakopmund via the desert. People can participate in teams and raise funds for the foundation. We would like to organise at least 1 mixed (para-athletes and able bodied athletes) team to raise awareness for athletes with disabilities and the Sport on the Move Foundation. It will also start the new period towards the Paralympic Games of Paris in 2024.



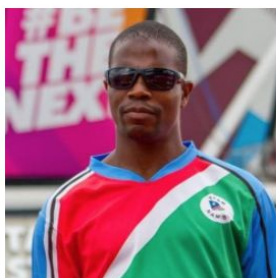
***We believe that creating a supportive sports environment enables athletes with a handicap to compete at the highest level in Paralympic sports, gives them perspective for a life after sport and makes them a role model to the community.***



### Our champions

#### Our champions

The Foundation supports some of the most successful and promising Namibian Paralympic athletes on their roads to the highest stages of Paralympic sport.



**Ananias Shikongo**

T11 (TOTAL BLIND)

Shikongo is the first Namibian male athlete to win gold at the Paralympic Games. He also won two bronze medals in Rio2016.

[Read more](#)



**Johannes Nambala**

T13 (VISUAL IMPAIRED)

Nambala is a two times Paralympic silver medalist and World champion in the 400m sprint event.

[Read more](#)



**Lahja Ishitile**

T11 (TOTAL BLIND)

Ishitile is a promising young para-athlete. She is participating in the short distance events and long jump.

[Read more](#)



### Now on the move

#### Road to Tokyo2020

Our Paralympic athletes are preparing for



## Training and education

### Blind running and Blind soccer Clinics

Our athletes are organizing several blind running and blind soccer clinics for people with and without disabilities. These clinics are meant to increase awareness for paralympic sport, to attract new donors and as a thank you to sponsors. We hope these activities will also activate people to engage in para-sport.

### Athletes performance app

We want to develop an app for mobile devices where athletes can see their current para-athletics world ranking and the time to beat to move one position in the rankings. In this way athletes are up-to-date about their own progress and can find some motivation for their training. Information about rankings can be found via <https://www.paralympic.org/results>.

After the position on the rankings we can move towards showing their classification category using Lexi <https://lexi.global/>. In this way they receive more information about their handicap and classification.

### Sport for Sustainable development course

Athletes are currently participating in the online Sport for Sustainable Development course and learn how to make a positive impact through sport. The course costs 39 Euro per person.

#### **Course description:**

Sport has been recognised as an enabler of the Sustainable Development Goals (SDGs) by governments globally. Organisations worldwide are using sport to contribute to this agenda, addressing issues ranging from health and education to employment, and conflict resolution.

On this course, you'll look at the benefits and limitations of using sport in development. You will learn to design, implement, and measure the impact of policies and programmes.

You will explore key concepts on sport and gender equality, disability, human rights, social inclusion, peacebuilding, and child safeguarding.

What topics will you cover?

- Setting the scene: Sport, development and change
- Creating change: Policy, strategy, and governance
- Making it happen, making it work, measuring impact
- Mobilising people, partners, and resources



## Sport on the Move and the Sustainable Development Goals

Our athletes Lahja, Johannes and Ananias are participating in the course Sport for Sustainable Development. This made us aware to link our activities to the Sustainable Development Goals (or SDG's). For more information about the goals we link to <https://sdgs.un.org/goals>. We had several discussions about the importance of these goals for our athletes. We discovered that these are different for all of them.

**Lahja:** My SDG goal is 4. Quality education: the foundation should educate athletes about sport but also provide training for knowledge and tools for outside sport (personal development).

**Johannes:** The Sport on the Move Foundation is:

- (A) helping the athletes to balance sport and education.
- (B) to prepare them for life after sport.
- (C) Help them to develop their sport during sports careers.

At the moment in the current pandemic we should focus on SDG 6. Clean water and

sanitation: it's important to have basic sanitation facilities and access to clean water. As an athlete you have to stay healthy and that can only be in a healthy environment.

**Ananias:** We should connect to a SDG that helps with sport development and outlook of disabled athletes. I think we must focus on SDG 17. Partnerships: we invite partners for events, to help with fundraising and sponsorships all around the world. But also SDG 2. Zero Hunger is important for us: the foundation provides support so that athletes have no hunger and can train well.

After some discussions we found common agreement in the following SDG's and how we can translate them to the Foundation:

- Partnerships for the goals
- Reduced inequalities
- Good health and well-being



## 17. Partnerships for the goals

### What is the goal here?

To revitalize the global partnership for sustainable development

### How do we see this in the foundation?

We collaborate together with sports clubs, individuals and organizations in the Netherlands and Namibia to improve the wellbeing of our athletes. When we exchange knowledge and experiences, we are reducing inequality and promoting the spirit of the Paralympic Movement. .

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## 10. Reduced inequalities

### What is the goal here?

To reduce inequalities within and among countries.

### How do we see this in the foundation?

Our athletes can experience inequality in all facets of their life because of their handicaps. As a para-athlete they have less access to sports facilities or sponsorships. Education is not always accessible and job opportunities are reduced compared to their able-bodied peers.

The foundation helps in providing training or courses for personal development, improving the circumstances for their daily life, arranging sport equipment, transport facilities, training camps etcetera. We also want to encourage women with a handicap to take up sports.

By empowering our para-athletes and educating other people about para-sport via media and workshops, we can help reduce inequality.

## 3. Good health and well-being

### What's the goal here?

To ensure healthy lives and promote well-being for all at all ages.

### How do we see this in the foundation?

The Sport on the Move Foundation is an organization focused on helping the para-athletes with their day to day training preparation for major games/events, (mental) coaching for the present, as well as for a life basically. The foundation is geared to care for para athletes' overall wellbeing.

Athletes are a role model for the community in promoting a healthy lifestyle and for other people with disabilities to involve in para-sports.

## Our partners

We can't express enough the importance of partnerships in achieving goals. We are grateful for the (financial) support of our partners and sponsors..

### Strategic partners (long term / Paralympic cyclus commitment)

Strategic partnerships are based on mutual goals for a longer period or Paralympic (4-year) cyclus. The Sport on the Move Foundation would like to build partnerships with the following organizations:



#### **Namibia National Paralympic Committee (NNPC)**

To promote, support and facilitate Paralympic sport opportunities in Namibia through good governance, manpower development, management and lobbying for user-friendly Paralympic sporting facilities and provision of specialized equipment, is the mission of the NNPC, being a partner of Sport on the Move Foundation and Stitching Sport on the Move Foundation enables us to achieve our sporting excellence for paralympic sport.

<https://namparalympics.org.na/>

#### **BSF**

Business Financial Solutions (BFS) is a Namibian multi-disciplinary advisory and investment management firm servicing both investors, through the application of investor capital that generate good investors returns whilst achieving social impact and meeting the needs of SMEs for capital and venture building support. Passionate about financial sector ecosystem development, BFS offers wholesome offering of financial and non-financial interventions that are geared to improve the environment to enable SME growth and success. BSF and it's fund have contributed regularly to the Namibian foundation in the past years.

<http://bfs.com.na/>



## Gondwana Collection Namibia



The Gondwana Collection Namibia combines its hospitality business with nature conservation and social commitment in a sustainable manner. Collaboration started in 2020 with the idea to host a blind dinner event. Unfortunately this event has been canceled due to Covid-19. Gondwana Collection Namibia is especially interested in Sport on the Move Foundation donors outside Namibia. In this way we can build a two way partnership promoting their business in Europe and get sponsorship and support in return.

<https://gondwana-collection.com/>



## Agitos Foundation

The Agitos Foundation is the leading global organisation developing sport activities for people with disabilities as a tool for changing lives and contributing to an inclusive society for all. In this way they are an important partner for us in developing our para-athletes as role models for the community. The following pillars match the work of our Sport on the Move Foundation:

**AMBASSADORS** (Sport on the Move: role models) Empowering athletes to live the Paralympic values in a way that inspires the next generation.

Our Proud Paralympian programme delivers values education and practical support for athletes throughout their career, providing them with the tools they need to give their best on and off the field of play.

**AWARENESS** Using the power of sport to help the world to understand disability and embrace inclusion.

**REPRESENTATION** (Sport on the Move: athlete support & education) Encouraging worldwide representation and greater diversity within our Movement.

**PATHWAYS** (Sport on the Move: partnering with NPC Namibia) Providing sustainable pathways into grassroots and competitive Para sport.

<https://www.paralympic.org/agitos-foundation>



## **AFRISA**

AFRISA is the African International Students Association in Enschede, The Netherlands.



1. Build and uphold unity amongst African students.
2. Bring awareness of African issues to the University of Twente and its surrounding community.
3. Act as a source of information on Africa.
4. Promote the positive qualities of the various and collective cultures of Africa.
5. To help dispel misconceptions about Africa.
6. Act as a support group for African students at the University of Twente and Saxion University of Applied Sciences.
7. To encourage positive interaction of all African Students with one another and the student body at the University of Twente and its surrounding community.
8. To promote educational exchange between academic institutions in Africa and Europe.

AFRISA can be a partner at our events in The Netherlands. Sport can be a factor of creating that unity among Africans in Enschede and promote the positive qualities of African culture. .

## **International sponsors & local partners (case by case support)**

The Sport on the Move Foundation is supported by the following international sponsors:



### **Adidas**

In 2020 Adidas donated 4 pairs of spikes and sports shoes for our athletes and their guides.

In the Netherlands, the following local partners support the Sport on the Move Foundation:

### **AC Tion**

Atletiek Club Tion is an athletics club in Enschede. They hosted our athletes on their track and training facilities during the training stages in the Netherlands. The athletes could make free use of all facilities and were supported by a local trainer Sebastiaan Steenberg. In return we organized blind running clinics and a Paralympic Meet & Greet for their club members. Members donated sports clothes and shoes for the para-athletes in Namibia.



<https://www.action48.nl/>



### **Trainingsstudio NL**

Trainingsstudio NL is an initiative by Leon Stevense and Niels Kerkhoff. Leon helped our athletes with their strength training during their training stage in the Netherlands in 2018 and 2019.

<https://www.trainingsstudionl.nl/>

### **De Heren Catering and Landgoed Velhorst**

Good food is one of the key ingredients for great performances. De Heren Catering and Landgoed Velhorst donated food for international competitions and for the training stage.



de Heren  
Catering & Events



<https://deherencatering.nl/>

<https://www.landgoedvelhorst.nl/>

### **Angels and friends (individual support)**

The Sport on the Move Foundation is also informally supported by angel investors and friends.

## Finance

### Financial reports and bookkeeping

Financial reports are available within three (3) months after the closing of the financial year. The Financial year starts on the first of January and ends on 31 of December. The Namibian and Dutch organisations have separated financial reports and are holding separate accounts. The foundation does their bookkeeping in the online system Moneybird. Board members have insights in the financials of both organisations.

Donors can make a manual bank transfer to the Namibian and Dutch organisation. Online fundraising via the website [www.sportonthemove.org](http://www.sportonthemove.org) and the social media channels are connected to the Dutch bank account. Targeted donations are only spent to their specific goal. Board members will decide how to use the donations in their foundation meetings every 3 months. .

Responsible for our financial reports are:

| Namibia                                        | The Netherlands                                                    |
|------------------------------------------------|--------------------------------------------------------------------|
| Sport on the Move Foundation                   | Stichting Sport on the Move Foundation                             |
| Taleen Kazandjian and Hileni (Doufi) Namalambo | Sebastian Piest                                                    |
| <b>Reports available:</b><br>TBC               | <b>Reports available:</b><br>after year 1 in the beginning of 2022 |

## Budget plan

One (1) budget plan will be made every year for both foundations together.

Included in this budget plan are:

- Day to day training (transport, sports nutrition)
- National competitions
- International competitions
- Equipment
- Healthcare
- Education

Athletes are requested to apply for a budget in advance and to provide a receipt. Transport costs are calculated based on the distance to the furthest track and single trip for 6 training days a week. The majority of the board needs to approve a request before money can be released.

For calculations in 2021 we count 3 main athletes and 3 guides for the T11 athletes.

| Overview general                         |          |                    |                  |                     |                   |
|------------------------------------------|----------|--------------------|------------------|---------------------|-------------------|
| Description                              | For      | Monthly            |                  | Yearly              |                   |
| Nutrition                                | Athletes | \$5,850.00         | €321.75          | \$70,200.00         | €3,861.00         |
| Training (transport)                     | Athletes | \$3,456.00         | €190.08          | \$41,472.00         | €2,280.96         |
| Health and living                        | Athletes | \$5,250.00         | €288.75          | \$63,000.00         | €3,465.00         |
| Equipment                                | Team     | \$9,400.00         | €517.00          | \$112,800.00        | €6,204.00         |
|                                          |          |                    |                  |                     |                   |
| <b>Totals</b>                            |          | <b>\$23,956.00</b> | <b>€1,317.58</b> | <b>\$287,472.00</b> | <b>€15,810.96</b> |
|                                          |          |                    |                  |                     |                   |
| Overview competitions                    |          |                    |                  |                     |                   |
| Competitions Europe (and training stage) | Team     | \$30,909.09        | €1,700.00        | \$370,909.09        | €20,400.00        |
| Competitions Namibia                     | Team     | \$5,825.00         | €320.38          | \$69,900.00         | €3,844.50         |
|                                          |          |                    |                  |                     |                   |
| <b>Totals</b>                            |          | <b>\$36,734.09</b> | <b>€2,020.38</b> | <b>\$440,809.09</b> | <b>€24,244.50</b> |



## Day to day training

| Number of         |                             | Kilometer allowance       |                              |                            |                               |                              |
|-------------------|-----------------------------|---------------------------|------------------------------|----------------------------|-------------------------------|------------------------------|
| Trainings a day   | 1                           |                           | January 2021                 | \$2.00                     |                               |                              |
| Trainings a week  | 6                           |                           | In Euro / per KM             | €0.11                      |                               |                              |
| Trainings a month | 24                          |                           |                              |                            |                               |                              |
|                   |                             |                           |                              |                            |                               |                              |
| Description       | Costs per day (single trip) | Cost per day (round trip) | Costs per week (single trip) | Cost per week (round trip) | Costs per month (single trip) | Costs per month (round trip) |
| Ananias Shikongo  | \$36.00                     | \$48.00                   | \$216.00                     | \$288.00                   | \$864.00                      | \$1,152.00                   |
| Johannes Nambala  | \$36.00                     | \$48.00                   | \$216.00                     | \$288.00                   | \$864.00                      | \$1,152.00                   |
| Lahja Ishitile    | \$36.00                     | \$48.00                   | \$216.00                     | \$288.00                   | \$864.00                      | \$1,152.00                   |
| <b>Totals</b>     |                             |                           |                              |                            |                               |                              |
| Nam Dollars       | <b>\$108.00</b>             | <b>\$216.00</b>           | <b>\$648.00</b>              | <b>\$1,296.00</b>          | <b>\$2,592.00</b>             | <b>\$3,456.00</b>            |
| Euro              | <b>€5.94</b>                | <b>€11.88</b>             | <b>€35.64</b>                | <b>€71.28</b>              | <b>€142.56</b>                | <b>€190.08</b>               |

## Equipment

| Description    | Costs      | #            | Yearly per athlete | Total of Team       | Total in Euro    |
|----------------|------------|--------------|--------------------|---------------------|------------------|
| Running shoes  | \$2,000.00 | 4            | \$8,000.00         | \$48,000.00         | €2,640.00        |
| Spikes         | \$2,000.00 | 2            | \$4,000.00         | \$24,000.00         | €1,320.00        |
| Track suit     | \$2,000.00 | 1            | \$2,000.00         | \$12,000.00         | €660.00          |
| Shorts         | \$700.00   | 2            | \$1,400.00         | \$8,400.00          | €462.00          |
| Shirt          | \$700.00   | 2            | \$1,400.00         | \$8,400.00          | €462.00          |
| Extra expenses | \$2,000.00 | 1            | \$2,000.00         | \$12,000.00         | €660.00          |
|                |            |              |                    |                     |                  |
|                |            | <b>Total</b> | <b>Nam dollar</b>  | <b>\$112,800.00</b> | <b>€6,204.00</b> |

## Nutrition

| Description      | Costs per package | Packages per month | Total per month   | All athletes      |
|------------------|-------------------|--------------------|-------------------|-------------------|
| Sports nutrition | \$250.00          | 2                  | \$500.00          | \$1,500.00        |
| Vitamins         | \$250.00          | 1                  | \$250.00          | \$750.00          |
| Sports drink     | \$50.00           | 24                 | \$1,200.00        | \$3,600.00        |
| <b>Totals</b>    |                   |                    |                   |                   |
| Nam Dollars      | <b>\$550.00</b>   |                    | <b>\$1,950.00</b> | <b>\$5,850.00</b> |
| Euro             | <b>€30.25</b>     |                    | <b>€107.25</b>    | <b>€321.75</b>    |

## Health and living

| Description            | NAM per month | #            | Yearly            | Total of all athletes |
|------------------------|---------------|--------------|-------------------|-----------------------|
| Healthcare insurance   | \$1,500.00    | 12           | \$18,000.00       | \$54,000.00           |
| Housing Lahja Ishitile | \$750.00      | 12           | \$9,000.00        | \$9,000.00            |
|                        |               |              |                   |                       |
|                        |               | <b>Total</b> | <b>Nam dollar</b> | <b>\$63,000.00</b>    |
|                        |               |              | <b>Euro</b>       | <b>€3,465.00</b>      |

## Budget plan competitions Namibia

| Overview costs                       |             |             | Total cost January - April 2021 |                |                   |                   |                   |                    |
|--------------------------------------|-------------|-------------|---------------------------------|----------------|-------------------|-------------------|-------------------|--------------------|
| Transport (group arrangement)        | \$600.00    | per athlete | \$34,950.00                     |                |                   |                   |                   |                    |
| Meals                                | \$150.00    | per day     | \$1,922.25                      |                |                   |                   |                   |                    |
| Accommodation                        | \$250.00    | per night   |                                 |                |                   |                   |                   |                    |
|                                      |             |             |                                 |                |                   |                   |                   |                    |
| Competitions                         |             |             |                                 |                |                   |                   |                   |                    |
| Description                          | Date        | Location    | Transport Team                  | Number of days | Meals per athlete | Meals per team    | Acc. per athlete  | Acc. per team      |
| Grand Prix Leg 1                     | 23 January  | Rietfontein | \$3,600.00                      | 3              | \$450.00          | \$2,700.00        | \$500.00          | \$3,000.00         |
| Grand Prix Leg 2                     | 20 February | Otjiwarongo | \$3,600.00                      | 3              | \$450.00          | \$2,700.00        | \$500.00          | \$3,000.00         |
| Grand Prix Leg 3                     | 6 March     | Windhoek    | \$0.00                          | 3              | \$450.00          | \$2,700.00        | \$500.00          | \$3,000.00         |
| Grand Prix Leg 4                     | 13 March    | Swakopmund  | \$3,600.00                      | 3              | \$450.00          | \$2,700.00        | \$500.00          | \$3,000.00         |
| Grand Prix Leg 5                     | 27 March    | Oshakati    | \$3,600.00                      | 3              | \$450.00          | \$2,700.00        | \$500.00          | \$3,000.00         |
| Namibia Senior National Championship | 9-10 April  | Windhoek    | \$0.00                          | 4              | \$600.00          | \$3,600.00        | \$750.00          | \$4,500.00         |
| <b>Totals</b>                        |             |             |                                 |                |                   |                   |                   |                    |
| Nam Dollars                          |             |             | <b>\$14,400.00</b>              |                | <b>\$2,850.00</b> | <b>\$8,550.00</b> | <b>\$2,000.00</b> | <b>\$12,000.00</b> |
| Euro                                 |             |             | <b>€792.00</b>                  |                | <b>€156.75</b>    | <b>€470.25</b>    | <b>€110.00</b>    | <b>€660.00</b>     |

## Budget plan competitions and training stage in the Netherlands

The plan is to start the training stage in the beginning of April until the end of May 2021. In this period we can visit three international competitions.

|                                     |                   |                    |                     |                                     |
|-------------------------------------|-------------------|--------------------|---------------------|-------------------------------------|
| Number of staff                     | 1                 |                    | Start date          | 01-04-2021                          |
| Number of athletes                  | 6                 |                    | End date            | 31-05-2021                          |
| Team                                | 7                 |                    | Total days          | 60                                  |
|                                     |                   |                    | Competition         | 4                                   |
| Conversion Euro / NamD              | 18,42             |                    | Days in NL          | 32                                  |
| Checked on                          | 19-1-2021         |                    | Total km            | 4738                                |
|                                     |                   |                    |                     |                                     |
| Expenses Travel                     |                   |                    |                     |                                     |
| Traveling                           | Per person        | Euro               | Nam Dollar          | Description                         |
| Flights                             | € 1.500,00        | € 9.000,00         | \$165.780,00        | Tickets athletes                    |
| Visa                                | € 60,00           | € 360,00           | \$6.631,20          | Visa athletes                       |
| Train airport - Enschede            | € 15,00           | € 90,00            | \$1.657,80          | Train ticket                        |
|                                     |                   |                    |                     |                                     |
| Car rental competition              |                   | Euro               | Nam Dollar          | Description                         |
| Car rental (including 2100 km)      | € 395,00          | € 1.580,00         | \$29.103,60         | Price per week, rent for total stay |
| Car own risk (one time reservation) | € 550,00          | € 550,00           | \$10.131,00         | Own risk in case of an accident     |
| Extra kilometers (price per km)     | € 0,19            | € 501,22           | \$9.232,47          | Price per km                        |
|                                     |                   |                    |                     |                                     |
| Expenses Competitions               |                   |                    |                     |                                     |
| Training stage and competitions     | Per person        | Euro               | Nam Dollar          | Description                         |
| Expenses Italy                      | € 217,86          | € 1.525,00         | \$28.090,50         | 16 - 18 April 2021                  |
| Expenses Paris                      | € 266,14          | € 1.863,00         | \$34.316,46         | 5 - 8 May 2021                      |
| Expenses Notwill                    | € 302,86          | € 2.120,00         | \$39.050,40         | 14 - 16 May 2021                    |
| Expenses Training stage             | € 400,00          | € 2.800,00         | \$51.576,00         |                                     |
| <b>TOTAL COSTS</b>                  | <b>€ 3.707,05</b> | <b>€ 20.389,22</b> | <b>\$375.569,43</b> |                                     |

## Italy

### Expenses Italy 16 - 18 April 2021

| Stay         |                |                   | Competition        |                                                                                     |
|--------------|----------------|-------------------|--------------------|-------------------------------------------------------------------------------------|
| Arrival      | 14-4-2021      |                   | Starts on          | 16-4-2021                                                                           |
| Departure    | 19-4-2021      |                   | Ends on            | 18-4-2021                                                                           |
| Total nights | 5              |                   | Duration           | 3                                                                                   |
| Total days   | 6              |                   |                    |                                                                                     |
| Description  | P.P.P.D.       | Euro              | Nam dollar         | More information                                                                    |
| Hotel        | € 28,57        | € 1.000,00        | \$18.420,00        | <a href="http://www.booking.com/Share-XPOnZ">http://www.booking.com/Share-XPOnZ</a> |
| Breakfast    | € 2,00         | € 84,00           | \$1.547,28         |                                                                                     |
| Lunch        | € 2,50         | € 105,00          | \$1.934,10         |                                                                                     |
| Dinner       | € 5,00         | € 210,00          | \$3.868,20         |                                                                                     |
| Snacks       | € 1,00         | € 42,00           | \$773,64           |                                                                                     |
| Drinks       | € 2,00         | € 84,00           | \$1.547,28         |                                                                                     |
| <b>Total</b> | <b>€ 41,07</b> | <b>€ 1.525,00</b> | <b>\$28.090,50</b> |                                                                                     |

## France

### Expenses Paris 5 - 8 May 2021

| Stay         |                |                   | Competition        |                                                                                                                             |
|--------------|----------------|-------------------|--------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Arrival      | 3-5-2021       |                   | Starts on          | 5-5-2021                                                                                                                    |
| Departure    | 8-5-2021       |                   | Ends on            | 7-5-2021                                                                                                                    |
| Total nights | 5              |                   | Duration           | 3                                                                                                                           |
| Total days   | 6              |                   |                    |                                                                                                                             |
| Description  | P.P.P.D.       | Euro              | Nam dollar         | More information                                                                                                            |
| Hotel        | € 38,23        | € 1.338,00        | \$24.645,96        | <a href="https://www.booking.com/hotel/fr/la-f-erme-des-barmons">https://www.booking.com/hotel/fr/la-f-erme-des-barmons</a> |
| Breakfast    | € 2,00         | € 84,00           | \$1.547,28         |                                                                                                                             |
| Lunch        | € 2,50         | € 105,00          | \$1.934,10         |                                                                                                                             |
| Dinner       | € 5,00         | € 210,00          | \$3.868,20         |                                                                                                                             |
| Snacks       | € 1,00         | € 42,00           | \$773,64           |                                                                                                                             |
| Drinks       | € 2,00         | € 84,00           | \$1.547,28         |                                                                                                                             |
| <b>Total</b> | <b>€ 50,73</b> | <b>€ 1.863,00</b> | <b>\$34.316,46</b> |                                                                                                                             |



## Zwitserland

### Expenses Nottwil 14 - 16 May 2021

| Stay         |                |                   | Competition        |                                                                                                                                                 |
|--------------|----------------|-------------------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Arrival      | 12-5-2021      |                   | Starts on          | 14-5-2021                                                                                                                                       |
| Departure    | 17-5-2021      |                   | Ends on            | 16-5-2021                                                                                                                                       |
| Total nights | 5              |                   | Duration           | 3                                                                                                                                               |
| Total days   | 6              |                   |                    |                                                                                                                                                 |
| Description  | P.P.P.D.       | Euro              | Nam dollar         | More information                                                                                                                                |
| Hotel        | € 45,57        | € 1.595,00        | \$29.379,90        | <a href="https://www.booking.com/hotel/ch/easy-living-business-apartments">https://www.booking.com/hotel/ch/easy-living-business-apartments</a> |
| Breakfast    | € 2,00         | € 84,00           | \$1.547,28         |                                                                                                                                                 |
| Lunch        | € 2,50         | € 105,00          | \$1.934,10         |                                                                                                                                                 |
| Dinner       | € 5,00         | € 210,00          | \$3.868,20         |                                                                                                                                                 |
| Snacks       | € 1,00         | € 42,00           | \$773,64           |                                                                                                                                                 |
| Drinks       | € 2,00         | € 84,00           | \$1.547,28         |                                                                                                                                                 |
| <b>Total</b> | <b>€ 58,07</b> | <b>€ 2.120,00</b> | <b>\$39.050,40</b> |                                                                                                                                                 |

## Netherlands

### Expenses training stage NL

| Total days   | 32             |                   |                    |
|--------------|----------------|-------------------|--------------------|
| Description  | P.P.P.D.       | Euro              | Nam dollar         |
| Breakfast    | € 2,00         | € 448,00          | \$8.252,16         |
| Lunch        | € 2,50         | € 560,00          | \$10.315,20        |
| Dinner       | € 5,00         | € 1.120,00        | \$20.630,40        |
| Snacks       | € 1,00         | € 224,00          | \$4.126,08         |
| Drinks       | € 2,00         | € 448,00          | \$8.252,16         |
| <b>Total</b> | <b>€ 12,50</b> | <b>€ 2.800,00</b> | <b>\$51.576,00</b> |