

## *Judo room building report.*

During our last staying in Norway we did discuss Birgit Jan how to build up the judo sport in Afghanistan. So in our previous meeting the Aschiana project was the first target. Reason because it was one of the big projects in Afghanistan which are working in CIC (Child In Crisis) & child rights in Afghanistan. In this project the beneficiary number is 2700 children and their families. The Aschiana project is serving them elementary education programs and sports. As we analyzed in this center, the children are from different Kabul areas and different nationalities. So five years ago we did start a sports program with nothing. But now we have seen which sport is in good development by your help. The first basic step was to donate some judo mats by Mr. Stiq. Then, besides all hard and busy work in Norway all the time, you are one of the judo supporters in the Aschiana project. I would like to thank you and your entire team who did help us to build the last judo room in the Aschiana project.

Almost two months ago, in cold weather, we did start the judo room building in the Aschiana center in the Shar-e-Naw area. The weather was so cold and there was a lack of equipment during the building. After leveling the ground, we did start the stone and cement work for the floor of the judo room. At the same time, the metal guy was preparing the judo room walls and roof.

After 8 days of ground leveling and stone work, the metal guy did start his work in the judo room field.



The first step of the metal guy was to stand up the wall; it takes almost 8 days. After that, the next step was to cover the roof. When he completed the wall, then he started the final step, which was the roof of the room.



So he did flat the metal at the roof of the judo room. It takes almost 7 days.



The final step was leveling of the room with stone and cement which takes 5 days.



So now the judo room is ready for judo training but just the problem is the judo mat for training. But in daily normally regarding our timetable the all Aschiana girls are using this room for rhythmic gymnastic and some fun game. The training for girls is starting by one of my coach she was working one year before for SSF. (Sport sans frontiers) center. So she was in Denmark to participate in exchange program for four months in this year. Her name is Miss Najiba.

The next one is Miss. Nadia she was also with me in USA exchange program she is one of our expert coach in GES project and she has good experience especially with girls. She is training football and basketball for girls. Beside this two coaches we did train 16 coach assistant in different sports. Now each of them has their own sport team in different Aschiana center. And in our plan by this 16 assistant we will take sport responsibility to all other organization which is the member of TDH office in Afghanistan. So beside Aschiana project some other organization also is working with orphanage child in Afghanistan which is: AD, EMDH and CIC. So hope we/Aschiana and GES project be able to take sport responsibility of all other orphanage center which are located and working in Kabul area. Now in Aschiana in total we have 18 coach and edu trainer assistant which are working with orphanage child in sport section. By tuning of this plan we will cover almost (7500) orphanage child both girls and boys in Kabul city and in my next plan to run judo sport training in these center. So this 18 coaches and assistant will be our support as a strong team member.

also it should be mention this 16 assistant was the Aschiana student to become in coach assistant position and now each of they are able to train their own team and take responsibility. Beside our plan to develop the judo sport in different other center the capacity building of the girls will be one of our first target in project in this year.

