



*"Empowering
the youth" with
Courage*



Show courage!



MOT has the lives of the youth as its core focus.

MOT empowers the youth to make their own choices and to show courage – courage to live, courage to care, courage to say no.

PBO no: 930 028 579

NPO no: 078-690

MOT (NORWEGIAN) = COURAGE

MOT VISION

- A warmer and safer environment for youth to grow up in.

MOT CORE IDEAS: MISSION

- Empowering the youth to make conscious choices that result in them better mastering life.
- Strengthening the youth's courage to take care of themselves and each other.
- Working at altering the youth's attitudes, focusing on establishing sound values, choices, and belief in their own abilities.

MOT CORE ASSUMPTIONS

- Courage is the most important human quality.
- Human beings are fragile and vulnerable, and are products of their upbringing and surroundings.
- Human beings are robust and resilient, and can decide their own future independent of their past.

MOT CORE VALUES

- Courage to live.
- Courage to care.
- Courage to say "no".

MOT OBJECTIVES

To bring about behavioural change

- To develop the youth into individuals who make their own choices and are sufficiently confident to stick to these choices.
- To create environments where individual choices and the differences between people are accepted.
- To create environments where people visibly value each other.

The results of MOT's work

- Increase in quality of life and well-being.
- Prevention of bullying, violence and drug abuse.

CONTACT DETAILS:

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"MOT IS AN INVESTMENT IN THE YOUTH – AN INVESTMENT IN THE FUTURE"

The MOT programme originated in Norway through the efforts of a few people with vision and a mission to make a difference in the lives of the youth and thus the future of that country. However, we can all identify with the universal challenges faced by the youth of today. Nowhere have the youth become more vocal and instrumental for change both as a positive and negative force than in South Africa.

We initiated this programme in Cape Town and its environs because of the extreme situations our youth face in their homes, schools and society in general. The youth need direction, encouragement and affirmation. We need youth believing in life. Many of them do not recognise life as a gift; *something to be valued*.

As they recognise the beauty and privilege of life they then have to recognise that without believing in themselves and their abilities, in the first place, they would not be able to unlock the full potential of life. So MOT espouses a philosophy of self belief.

We can however not separate this belief in self without facing the challenges as youth with conviction and courage; the courage to make our own informed choices and to develop and attain our full potential. The more we appreciate the gift of life and develop courage to move forward, despite our circumstances, the better we can face the numerous choices with a positive mindset.

The past year has been the most challenging and difficult when it comes to financing the NGO sector. These are the times when the real corporate distinguishes itself from the less responsible ones. It was a year where we were carried by those that



believed in the future; believed in our youth and we thank all of our sponsors. The example was set by none other than the Western Cape Department of Education who carried us almost singlehandedly in our first full year of operations. But then there were the corporate sponsors like Metropolitan Health Group, Santam, RSM Betty & Dickson, Ayanda Mbanga Communications and others. Our Youth appreciate your vision and commitment to their future.

The FET Colleges have been pivotal in launching the programme, providing the ideal structured platform to embark on such a programme. Without this almost cushioned environment we would not have been so far. We trust that our vision to enter the real challenge of the High Schools would soon be realised.

Our Norwegian "parent" needs special mention. Your groundwork and continued encouragement and support inspired us to get to this point and you helped us care for this "baby" you conceived. I would like to thank the MOT presenters who volunteer their time and skills to implement the MOT programme amongst the youth. Their unselfish contribution has produced a student body that know itself, their strengths and their values, that know how to connect with people and how to manage their problems. These are the most important life skills a person can acquire.

Lastly I would want to extend my thanks to the Board of MOT SA for your inspired leadership and sacrifice. With your combined wisdom and experience we can face the future with confidence. The management team with Wanda Möller as its CEO, is a youthful one and have made tremendous progress. We thank you for your efforts and know that with your efforts the future of MOT would soon be spreading throughout the entire South Africa.

"MOT IS ABOUT COURAGE AND COMMITMENT"

Compiling the Annual Report of 2009 gives MOT SA the opportunity to reflect on our achievements and challenges over the past financial year and to review our future plans, both in the short and long term.

Over the past 12 months, MOT SA has grown and expanded its services. With the training of 120 new MOT presenters in 2009, the number of trained MOT presenters (volunteers) has more than doubled to a total of 206.

However, MOT SA has experienced a challenge with only about half of the trained MOT presenters having implemented the MOT programme among the students in 2009. Fortunately, the active volunteers managed to present the MOT programme to approximately 8 055 students.

Throughout the past year, we have heard amazing stories of courage and inspiration from students, MOT presenters and college management of how the MOT programme has changed the insights and the personal motivation and behaviour of individual students and presenters. Take the example of an 18-year old female student in Administration Studies and mother of a two-year old, who for the first time realised that she has to believe in herself and set life goals to ensure a prosperous future for both herself and her daughter. Or the 19-year old Early Childhood Development student from Cape Town who had planned to commit suicide and after the MOT sessions realised that her class mates and her MOT presenter cared about her and valued her as a person, which led her to change her mind and her outlook on life. Or the 17-year old male student from Bellville who decided during a MOT session that he wants to quit smoking and announced his intentions to the class.



What is so inspiring about MOT is that the volunteers, who are trained as MOT presenters, realise their inherent power to make a difference and to bring about change amongst the youth. They have the courage to venture out of their comfort zones and to take ownership and accept responsibility for the ideals that will push us toward the future we want to create for our youth. Courage to live, courage to care and courage to say no.

It needs to be said that MOT SA cannot achieve its objectives without the firm commitment from its volunteers, college management, board members and other stakeholders. The success of the MOT programme is dependent on the passion, skills, networks and unique gifts and potential of all stakeholders to positively impact and change lives for good.

MOT SA believes in what is possible for the future and have courage and commitment to make a difference among individual youths in the colleges, schools and sports teams to inspire peak performance and the ultimate life. Our five-year strategic plan is to expand the programme to high schools and to other provinces in South Africa, as well as to widen our target market from 16 to 20 years to 13 to 20 year old youths.

IN MEMORIAM:

Sandra van Niekerk, a lecturer at College of Cape Town, Gardens Campus and MOT Presenter, died in a motor vehicle accident on 7 August 2009. Sandra made a significant impact on the lives of more than 100 students through the MOT programme and MOT, the college sector and our youth sadly lost one of its most dedicated and passionate teachers.

MOT was started in 1997 by two professional speed skaters from Norway, Johann Olav Koss and Atle Vårvik, who had a passion and a dream to strengthen the youth's courage. The first MOT presenters were trained during 1997 in Norway, and six months later the MOT programme was introduced into secondary schools in Norway.

The name "MOT" was chosen because of its strength, as well as its double meaning. MOT means having the ability to show courage and also being able to take a stand against something.

In 2006, educators at the College of Cape Town were introduced to the MOT programme by MOT presenters from Haugaland Videregående Skole in Haugesund, Norway. Because of the need for a similar life-skills programme to be implemented amongst the youth locally, the local educators started to attend training workshops in Norway. In 2006, the first training workshop for MOT presenters was conducted locally.

In 2008, the need for a more coordinated roll-out of the MOT programme in the Further Education and Training (FET) Colleges was identified, as well as the need to raise the profile of the MOT brand and philosophy locally. MOT Norway provided funds for the establishment of MOT SA.

The Board of MOT SA was formed in May 2008 and the organisation registered as a Public Benefit Organisation. To assist with the establishment of MOT SA and to render

essential life-skills training and student support services to the FET College students, MOT SA received a subsidy from the Western Cape Education Department to fund the first year of operations.

In 2009, MOT SA signed working agreements with the management of the FET Colleges where MOT is implemented. These Colleges include: College of Cape Town, Northlink College, West Coast College, South Cape College, False Bay College and Boland College.

21 of the FET College campuses where the MOT programme is implemented are situated in the Cape Town metropolitan area, whereas 15 are located in rural and urban towns across the Western Cape. In 2009, NewDay Verification Agency conducted a BEE audit and issued MOT SA with a BEE Socio-Economic Development Certificate, which states that more than 75% of the beneficiaries of MOT SA are from previously disadvantaged backgrounds.

The successes of MOT SA are driven by the courage and passion of exceptional MOT presenters and co-ordinators who volunteer their time, energy and skills to contribute to the holistic development of the youth. A designated MOT co-ordinator at each FET College is responsible for coordination, planning and implementation of the programme by the MOT presenters at each of the College campuses.

THE MOT PROGRAMME

The MOT programme creates the opportunity for students to think creatively and positively about themselves, their life goals, their relationships and values, and encourages the students to accept responsibility for their own future and achieving their full potential. As students participate in a safe and healthy learning environment, their self-esteem and confidence are boosted. Students are also given the opportunity and encouraged to actively participate, to get to know each other and visibly show that they value each other, which help to strengthen the group cohesion and overcome diversity barriers within the classrooms and on the campuses.

The MOT programme for FET Colleges consists of nine sessions, presented over the duration of the students' study period. The themes for the different sessions are as follows:



MONITORING & EVALUATION

One of the significant achievements during the period under review was the introduction of an impact study conducted among 100 students who have completed the MOT programme. This was done using a questionnaire, developed by an independent research agency in Norway. The evaluation and research strategy of MOT emphasizes the importance of organisational learning, not only for ongoing improvement of the programme, but also measuring the return on time and financial investment for volunteers, sponsors and partners.

Results obtained in July 2009 among students in the Western Cape indicated the following:

ABOUT MOT

To what degree do the statements below best describe MOT?

(Mark only 1 box for each line)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
MOT takes youth seriously	64.2%	29.9%	6.0%	0.0%	0.0%
MOT helps me to make conscious choices	56.5%	33.9%	8.1%	1.6%	0.0%
MOT has increased my ability to care about others	56.5%	30.4%	11.6%	1.4%	0.0%
MOT contributes to an environment in the class where differences are accepted	60.9%	31.9%	7.2%	0.0%	0.0%
MOT has helped me to say "No!"	56.3%	34.4%	9.4%	0.0%	0.0%
MOT helps me to look for positive characteristics in others	61.2%	37.3%	1.5%	0.0%	0.0%
MOT contributes to a better class environment	50.8%	41.5%	7.7%	0.0%	0.0%
MOT has enhanced my belief in myself	45.3%	37.5%	15.6%	1.6%	0.0%
MOT contributes to less bullying in my class	53.1%	32.8%	10.9%	1.6%	1.6%
MOT is very good for my class	54.5%	42.4%	3.0%	0.0%	0.0%
I think it is a very positive thing that we have MOT at college	56.9%	35.4%	7.7%	0.0%	0.0%
I have discovered new sides to me through MOT	52.4%	34.9%	12.7%	0.0%	0.0%
MOT has a positive influence on me	45.5%	40.9%	12.1%	0.0%	1.5%

To what degree do the statements below best describe how you feel? Mark only one box for each question.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
MOT is way too concerned about not drinking alcohol	21.7%	10.0%	25.0%	31.7%	11.7%
MOT does not understand how it is to be young	8.8%	0.0%	15.8%	45.6%	29.8%
MOT does not have any effect on me	8.5%	0.0%	11.9%	42.4%	37.3%
MOT does not have any effect on my class	9.8%	0.0%	16.4%	39.3%	34.4%

MOT will continue to evaluate the impact of the programme annually amongst the youth that completes the programme and aims to include 500 students in the research in 2010. MOT SA also aims to evaluate and improve the ratio of volunteers entering the training programme to become MOT presenters in relation to the number of active MOT presenters by way of conducting refresher training sessions and strengthening the local MOT management structures in the participating institutions.

Finances are monitored on a quarterly basis and management accounts submitted to the Board of MOT SA at quarterly meetings. The performance of the staff of MOT SA is evaluated on a quarterly basis in relation to the set goals and objectives. The signed working agreements between MOT SA and participating institutions are evaluated annually to ensure services offered are still relevant and the programme is effectively implemented.

Annual Financial Statements for the year ended 31 December 2009

STATEMENT OF FINANCIAL POSITION

Figures in Rand	2009	2008
ASSETS		
NON-CURRENT ASSETS		
Property, plant and equipment	6,584	8,589
CURRENT ASSETS		
Cash and cash equivalents	682,714	325,741
Total Assets	689,298	334,330
ACCUMULATED RESERVES AND LIABILITIES		
ACCUMULATED RESERVES		
Accumulated surplus	382,864	291,563
LIABILITIES		
CURRENT LIABILITIES		
Payables	306,434	42,767
Total Accumulated Reserves and Liabilities	689,298	334,330

ANNUAL FINANCIAL STATEMENTS

Annual Financial Statements for the year ended 31 December 2009

STATEMENT OF CASH FLOWS

	Year ended 31 December 2009	3 months ended 31 December 2008
Figures in Rand		
CASH FLOWS FROM OPERATING ACTIVITIES		
Cash receipts from donors and for services rendered	946,001	424,152
Cash paid to suppliers and employees	(619,811)	(94,357)
Cash generated from operations	326,190	329,795
Interest received	36,580	4,780
Net cash from operating activities	362,770	334,575
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of property, plant and equipment	(5,799)	(8,834)
Total cash movement for the year	356,971	325,741
Cash and cash equivalents at the beginning of the year	325,741	–
Total cash and cash equivalents at the end of the year	682,712	325,741

ANNUAL FINANCIAL STATEMENTS

Annual Financial Statements for the year ended 31 December 2009

STATEMENT OF FINANCIAL PERFORMANCE

	Year ended 31 December 2009	3 months ended 31 December 2008
Figures in Rand		
REVENUE		
Rendering of services	919,301	–
Donations	26,700	424,152
	946,001	424,152
OTHER INCOME		
Interest received	36,580	4,780
OPERATING EXPENSES		
Advertising	(10,421)	–
Assets under R5 000	(6,785)	–
Auditors' remuneration	(20,000)	–
Bank charges	(9,024)	(1,764)
Cleaning	(499)	–
Computer expenses	(57)	(327)
Depreciation	(2,998)	(245)
Editing	(620)	(420)
Employee costs	(462,194)	(88,958)
Entertainment	(5,082)	–
Equipment facilitation	(57,190)	–
General expenses	(981)	(184)
Gifts	(79)	–
IT expenses	(1,400)	(2,711)
Loss on theft of asset	(4,805)	–
Postage	(1,305)	–
Printing and stationery	(8,209)	(1,552)
Promotional expenditure	(39,899)	(4,310)
Ratings	(3,000)	–
Recruitment fees	(1,892)	–
Repairs and maintenance	(170)	–
Telephone and fax	(19,679)	(3,305)
Training	(145,866)	–
Travel	(10,081)	–
Travel – local	(33,389)	(30,166)
VAT expense – Input to be claimed in the future	(45,655)	(3,427)
	(891,280)	(137,369)
Surplus for the year	91,301	291,563

PHOTOS OF THE YEAR IN REVIEW

*Groups of
MOT presenters
trained in 2009*



*MOT
sessions with students*



*Welcoming function
sponsored by Santam for the
MOT Cape Epic Cycle team from
Norway*



■ Back, from left, Keith Loynes and Brian Dalton (MOT SA Resource Committee members), Denver Beech (MOT presenter), Delia Timmie (MOT SA staff), Lukhanyo Mbude (Student), King Harald V, Wanda Möller (MOT SA CEO). Middle, from left, Are Hovstad (MOT SA Board member), B R Sisulu (South Africa's Ambassador to Norway), Tove Asland, (Norway's Minister for Research and Higher Education), Elize Erasmus (MOT presenter), Andréa Witbooi (Student), Queen Sonja, Collins Chabane (South Africa's Acting Minister for International Relations and Cooperation) and Jannie Isaacs (MOT SA Board member). Front, from left, Shaney Taute (student), Trish van der Merwe (MOT SA Board member), Lesley Badenhorst (MOT presenter) and Muneerah Khan (Student).

A royal Norwegian visit

STAFF REPORTER

King Harald V and Queen Sonja of Norway were among a high-level delegation who visited the Zeekoevlei Sailing Club last week.

The occasion was a MOT SA event, where students gave feedback on the positive impact of a Norwegian-based life-skills training programme.

The Norwegian word "mot" means "courage" in English.

"The MOT life-skills programme empowers youth to make conscious life choices, strengthens the youth's

courage to take care of themselves and each other and it focuses on establishing sound values, social skills and a belief in their own abilities," said Wanda Möller, the CEO of MOT SA.

The MOT programme is presented at the Further Education and Training (FET) Colleges, with the majority of students being between the ages of 16 and 18 years.

In 2009, the MOT programme was presented to 8 055 FET college students in the Western Cape.

For more information, visit www.mot.org.za

False Bay Echo, Thursday, 3 December 2009

TygerBurger 25 Oktober 2009

Nuus/News

Woensdag 25 Februarie 2008

Courage for better quality of life

REPORTER

A NORWEGIAN life skills training programme has been at the forefront of the world environment and better quality of life of South African youth, also with South Africa on the way.

The idea of the programme is MOT, the Norwegian word for "courage", says the media officer, the CEO of MOT South Africa.

The programme was started in 1997 to help people (young adults) in Norway. The need to improve the programme was identified by teachers at the Further Education and Training (FET) colleges in the Western Cape.

The motto for MOT SA is to empower the programme at all FET colleges in the Western Cape, which include a total of 27 colleges.

Northlink College is one of the colleges where the programme was introduced in the Western Cape. The need to improve the programme was identified by teachers at the Further Education and Training (FET) colleges in the Western Cape.

MOT has two main goals, says Mayor. "It empowers the youth to make conscious choices that result in better learning skills, and MOT engages in attitude change work in schools, colleges and in the workplace."

The motto for MOT SA is to empower the programme at all FET colleges in the Western Cape, which include a total of 27 colleges.

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and helping, violence and drug abuse can be prevented. "After already having been in the MOT programme for many years, the Western Cape department of education continues to support the MOT programme."

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According to Mayor, MOT SA is a leading life skills programme in the Western Cape.

Wys jy's moedig en gryp kanse – Sasha-Lee

MARLENE MALAN IN BELVILLE
mmalan@rapport.co.za

Hy gesels lank, ernstig en rustig oor drome en rolmodelle, lewensvaardighede en uitsig. En om te lewe, werklik te lewe.

Prof. Eltie Links is hoogleraar in buitelandse ekonomie aan die Bestuurskool van die Universiteit van Stellenbosch. En so innemend as wat Links is, so onverwagtelik is hy oor basiese lewensbeginsels. Soos om te fokus en aan te hou, die regte keuses te maak. Om te presteer, "ondanks...".

Dis die ferm lewensuitkyk wat gemaak het dat Links die taak aanvaar het as voorsitter van die direkteur van die organisasie Mot (Noorweegse vir "moed") in Suid-Afrika. Die organisasie wil studente van al ses Wes-Kaapse Kolleges vir Verdere Onderwys en Opvoeding (VOO-kolleges) lewensvaardighede inkerp.

Dis 'n lewensfilosofie, verduidelik Links – een van uitdagings en geleenthede aangryp; van omgee, nie net vir ander nie, maar vir jouself. "Om die goeie en talentvolle eërs in jouself te versterk, dan in ander."

Die Mot-program is twaalf jaar gelede in Noorweë begin om 'n positiewe ingesteldheid by dié land se jeug in te skerp. Vaardighede word ontwikkel vir kommunikasie, besluitneming, leierskap en skeppende denke. Sedertdien het dit wêreldwyd posgevat; in Oktober verlede jaar ook in Suid-Afrika.

Vier maande gelede het die *Idols* 2009-ster Sasha-Lee Davids ingestem om die "gesig" van Mot Suid-Afrika te wees en sy staan nou as Mot-ambassadeur bekend.

Davids sê die beginsels van doelgerigte keuses, soos om "nee" te sê vir negatiewe groepsdruk en "ja" te sê vir geleenthede wat na jou kant toe kom, is ook haar lewensinstelling.

"Ná *Idols* wou ek graag by 'n

Jong mense dink altyd rolmodelle moet bekendes of presteerders wees, maar elkeen van ons kan 'n rolmodel wees.

— PROF. ELTIE LINKS, VOORSITTER VAN MOT SUID-AFRIKA

groep of vereniging inskalkel waarmee ek kon assosieer. Mot se beginsels is ook myne, en ek voel ek kan 'n positiewe boodskap aan jongmense oordra."

Idols het haar geleer om in haarself te glo. Toe die deurmekaarspul met die aanwysing van die wenner haar getref het, moes sy in haarself na basiese waarhede soek. "Soos om rustig te wees, al gebeur wat. 'n Mens kan nie altyd bepaal wat met jou gebeur nie; wel hoe jy dit hanteer."

Links se grootwordjare is ver verwyder van die lewe van die akademie waarin hy hom bevind.

Van sy arm grootwordjare, as een van twaalf kinders, het Links uitgestyg tot professor, direkteur van agt maatskappye en voorsitter van die Iziko-museumraad. "Ons gesin het swaar gehad. My ouers was eenvoudige mense. Maar ek het myself die voorreg gegun om te lewe. Die lewe is nie 'n vanselfsprekendheid nie."

"Vir 'n samelewing wat vorentoe wil beweeg, moet jy opstaan vir jouself en omgee vir ander. Om dit te doen, moet jy moed hê."

"Ons jeug is verward, want daar is 'n klomp verkeerde rolmodelle in ons samelewing. Jong mense dink altyd rolmodelle moet bekendes of presteerders wees, maar elkeen van ons kan 'n rolmodel wees. Jy is een wanneer jy die beste uit doorgewone of siegte omstandighede kan maak."

Kaap Rapport, 25 Oktober 2009

TygerBurger Bladsy 8

Nuus/News

Woensdag 25 Maart 2009

Insurer and MOT to help kids reach potential

SHORT term insurer Santam hosted three Norwegian Cape Ege mountain bike teams at their head office in Bellville last week to launch a public benefit organisation, MOT, in South Africa.

The cyclists are representing MOT in the Cape Ege mountain bike challenge which started this past weekend in Cape Town.

The Norwegian word "mot" means "courage" in English. The programme was started in Norway twelve years ago and is now being rolled out in South Africa targeting youth communities. *True Blue*, a recently published article on MOT's involvement in South Africa and in the Western Cape.

The aim of the MOT organisation is to create a significant impact on the development of the youth of South Africa by empowering them to make the right choices for themselves and to develop the courage to take good care of themselves and others. (Peter Bosman)



At the event were, from left, Ouma Jooste-Mogketh (CEO: West Coast College), Karin Hendricks (MOT coordinator: False Bay College), Keith Lumen (chief education specialist: FET Colleges), Trish van der Merwe (MOT coordinator: Northlink College), Wanda Möller (CEO: MOT SA) and Charlie Josephs (Santam).

DONATIONS & SERVICES

In 2009, the operations of MOT SA were funded by the **Western Cape Education Department's iKapa Elihlumayo Support Programme for FET College students**. These funds provided for the following services to the six FET Colleges in the Western Cape:

- Training of 120 new MOT presenters;
- Updating the MOT manual and the distribution of the new manuals, in printed and CD format, to 173 MOT presenters;
- Providing MOT T-shirts to 140 MOT presenters;
- Distributing 111 toolkits to MOT presenters to facilitate the MOT sessions in the classroom;
- Distributing 400 MOT wall calendars, 7 000 A5 MOT brochures and 28 MOT flags to the college campuses to strengthen the MOT brand and message;
- Co-ordinating the implementation of the MOT programme among more than 8 000 FET College students with the assistance of MOT co-ordinators at the FET Colleges;
- Administering the questionnaire survey among 100 students who completed the programme to evaluate the impact of MOT on their thinking patterns and behaviour.

MOT SA also received in kind donations from the following individuals, companies and organisations:

- **Santam** sponsored a welcoming function for the cycling team from Norway who represented MOT in the Cape Epic.
- **Shoprite/Checkers** provided equipment for class sessions at a discounted price.
- **Metropolitan Health Group** sponsored consultancy services for MOT SA to strengthen the credibility and fundraising capacity of the organisation.
- **Protea Hotel Sea Point and City Lodge V&A Waterfront** provided accommodation at a discounted price to MOT presenters and facilitators during MOT training workshops.
- **MOT Norway** funded most of the travel expenses of facilitators for three training sessions in South Africa in 2009.
- Two schools in Norway, **Haugaland Videregående Skole** in Haugesund and **Sola Videregående Skole** in Sola sponsored two of their lecturers to help facilitate the training workshops for MOT presenters in South Africa.
- **RSM Betty & Dickson (Cape Town)** provided auditing services pro bono to MOT SA.
- **Ayanda Mbanga Communications** provided recruitment and graphic design services pro bono to MOT SA.
- **Spier** sponsored performers who entertained the delegates during two MOT presenters' training workshops.
- **MOT Presenters and Co-ordinators** volunteered their time and skills to implement the MOT programme amongst the youth.
- **The Board of Trustees and Resource Committee Members** of MOT SA donated their time and expertise at no cost to MOT SA.
- Two Brand Ambassadors of MOT SA, **Hilton Langenhoven** and **Sasha-Lee Davids**, assisted in promoting the MOT values and philosophy in the classroom and in the media.

ORGANISATIONAL DETAILS



PUBLIC BENEFIT ORGANISATION NUMBER: 930 028 579

NON-PROFIT ORGANISATION NUMBER: 078-690

BOARD OF TRUSTEES:

Prof Elias Links (Chairperson)
Ms Ntombekaya (Kaya) Nyati
Prof John David Volmink
Mr Eric Zakhe (Zozo) Siyengo
Mr Jannie Isaacs
Mr Brian Michael Eagar
Mr Atlé Värvik
Ms Wanda Möller (CEO)
Mr Jarl Aré Hovstad (Board Alternate to Atlé Värvik)
Ms Trish van der Merwe (Board Alternate to Jannie Isaacs)

RESOURCE COMMITTEE:

Mr Brian Dalton (Convenor)
Mr Keith Loynes
Mr Jannie Isaacs
Mr Jarl Aré Hovstad
Ms Wanda Möller (CEO)

CONTACT DETAILS:

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Private Bag X, Athlone 7760

PHYSICAL ADDRESS:

MOT SA, College of Cape Town, Crawford Campus,
Cnr of Kromboom & Thornton Road, Crawford 7780

BANKING DETAILS FOR ALL DONATIONS:

Account Name: MOT SA
Bank: ABSA, Heerengracht Branch
Branch Code: 632005
Investment Advantage Account
Account Number: 92 1236 5063

AUDITORS:

RSM Betty & Dickson (Cape Town)

Dear MOT

I'm proud that I could become a better friend, sister, daughter and student. I learned life lessons that I use everyday in my life. MOT made me realize how short life is and that a good attitude can get you far in life.

I always look forward to MOT because I know that I'm going to learn a rather important life lesson in a fun way. This experience has changed me in a way that I never expected. It inspired me to help others and to become someone that people will remember even when I'm no longer there.

Thank you Miss "Z" you have made a huge impression in my life and inspired me to be the best that I can. I really enjoyed every lesson and took it in to make my life better and made me see things in a different (expective) way. I'll always remember everything you taught me and I appreciate you being able to give us these life lessons. You played a big role in the new me!

Lots of Love
Shandray Lewis
Level 4 (Tourism)

Dear MOT:

This programme is so awesome given me so much aspiration to realize who I really am & had a great effect on

These questions are very hard me to see what if where I try to improve on things I personal if guides me where

Miss Z, my word who is has a fantastic personality. I am class room, the whole automatically in a positive a good mood everyday & be smiling. I love her & keeps up with the mood. Thank God for sending me a really cool inspiration.

Michelle Tjebbing Campus

Michelle Tjebbing

Sasha-Lee Bronckhorst

Dear MOT

My three years really inspired me I want to be my Degree. Everyone the school makes the class a

being more friendly and cl and great everytime in class (It's AWESOME)

person I could ever be. MOT me to go on with my life positive person I could ever be.

and by being positive to the world.

my life to be a better person for self.

about attitude and being positive for people to be positive and how changed me

he thank you for all the wonderful session 2 years you are truly a great person you helped me to be more positive. You helped me win all the seasons you be a better person. you very much. ing to miss you all. ing College. Tjebbing Campus, Michelle Tjebbing

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