

# MOT SOUTH AFRICA



**COURAGE**

**MOT**  
SHOW COURAGE!

**EMPOWERING YOUTH TO LEAD CHANGE**  
MOT DEVELOPS ROBUST YOUTH WHO INCLUDE ALL

# MOT SA COURAGE 2 CARE GRASSY PARK PROJECT REPORT

IN PARTNERSHIP WITH ROTARY  
INTERNATIONAL AND THE  
ROTARY CLUBS OF WYNBERG  
AND KARMOY

**December 2023**

**Rotary**  
Club of Wynberg 

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# Project Plan Outline

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## About MOT

MOT, a comprehensive global life-skills concept developed in Norway 24 years ago, with the specific aim to empower youth to stand up for their values in conflicted environments. Officially implemented in Norway, South Africa, Denmark and Latvia.

MOT's vision is to create a warmer and safer society and MOT's mission is to create robust youth who include all.

To achieve MOT's global vision and mission, MOT SA partners, together with high schools and TVET colleges offer, two-structure life-skills programmes aimed at, holistically developing young people and provide the youth with necessary tools and values to create a platform to promote peace, non-violent dialogue, and healthier relationships, between adults and children in gendering a more positive community spirit.

MOT identified that the school space would be the best structured environment, to ensure the youth embrace the life lessons and learnings with a measurable outcome. This methodology, aimed to positively impact and change the school environment and culture into one that proactively promotes and supports safety, peace, accountability and inclusivity, counteracting violence and gangsterism.

# Project Plan Outline

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MOT SA trains educators, social workers, community members and youth workers to facilitate and implement the MOT life-skills sessions over a 3-year period, with youth between 12 and 25 across all boundaries of age, culture, gender and religion. The MOT facilitators complete a 2-day MOT Basic Education Course, providing each participant with a manual, various activities and tools that will empower and strengthen young people to be courageous, resilient and active citizens, and to lead positive change and peace in their communities and in the country.

The topics covered in the 3-year youth programme range from communication, value awareness, safety, dignity, and respect. With the assistance of the trained MOT facilitator, the topics covered and the value reinforcement days, at a global level, MOT has seen a lowered frequency of bullying, school culture shift, improvement of social and mental wellness and less substance abuse.

MOT SA's long-standing research partner, Further Education and Training Institute (FETI) of the University of the Western Cape, has been conducting annual research studies and has composed the MOT survey, distributed to the learners in their final year of implementation. The questionnaire places strong emphasis on self-knowledge, personal development, and responsibility, caring for others, respect and affirmation, aligned to the themes of the MOT programmes' content. Learners are asked to reflect on their behaviour, attitudes, and choices before undertaking MOT and to decide when answering the questions, whether MOT has changed the way they thought, felt or behaved. Learners are allowed to remain anonymous to assist them answer more truthfully. A full copy of each of these Research Reports is available if required. MOT SA is very pleased with the positive impact experienced by those who participate in the programme.

# About MOT & Rotary Partnership

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The Rotary Club of Wynberg, Haugaland Upper Secondary School, Karmøy Rotary Club, Rotary District 9350 and the Rotary Foundation have a long-standing partnership with Western Cape schools and a vested interest in the Grassy Park community. The Grassy Park area has high levels of crime, gangsterism, poverty, and unemployment. Through extensive research, community assessments and engagements with school principals, religious leaders, law enforcements and community leaders, the need for a youth life-skills and leadership programme came about.

MOT SA was identified as an implementing partner and training service provider based on the current need for peace building and conflict prevention in the Grassy Park Community. Three Grassy Park high schools were identified to partner with the organisations in the rollout of the project: Fairmount Secondary School, Zeekoevlei High School and Lotus High School.

The partnership was founded as a humanitarian project aimed at creating safe schools and local environments where youth can grow and develop in peace and harmony, learn self-acceptance and self-respect. The project was identified with the following shared goals:

- ❑ Develop and strengthen youth to be robust, self-aware, courageous, and resilient.
- ❑ Empower teachers, community leaders and role players with the necessary skills to develop youth holistically
- ❑ Develop a community culture of respect and “ubuntu” which will result in a warmer and safer environment for all. “Ubuntu is Nguni Bantu term meaning “humanity”. It describes the South African culture being that of “oneness” expressing compassion, harmony, dignity and working together to maintain the spirit of community and taking care of one another.

# About MOT & Rotary Partnership

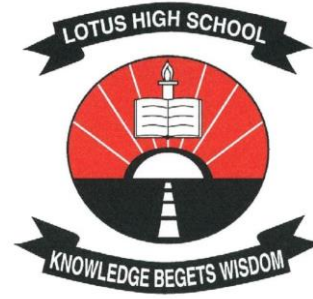
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We express our appreciation to The Rotary of Wynberg the flexibility shown in the changing dynamics of the project and we will be using lessons learnt from this project in our future projects, either with Rotary or the continuation of MOT.

In the spirit of the continuous improvement, we have been able to clearly identify areas of improvement. We are grateful for the opportunity to have participated in this programme. This programme has helped us sharpen our skills and honed our ability to deliver this programme and making this project more proficient and efficient.



Principal: Mr. Anton Janari  
Coordinator: Zaitoon Emjedi  
Previous Principal: Mr. Klaasen  
Previous Coordinators: Fatima Molte and Jade Baartman



Principal: Mr. Price  
Coordinator: Lusandi Joni  
Previous Principal: Mr. Pietersen  
Previous Coordinators: Marvin Jutzen



Principal: Mr. Prinsloo  
Coordinator: Melissa Richards  
Previous Coordinator: Claudia Sacco  
Deputy Principal: Julleen Goliath

# GRASSY PARK PROJECT SCHOOLS

# Rotary Club of Wynberg



- ❑ Rotary International:
  - Odd Henning Johannessen
- ❑ The Rotary Club of Wynberg:
  - Stacy Edwards
  - Mike Schreiber
  - Stephen Bredenkamp
  - David Barnard





# MOT SA TEAM AND MOT'S FOUNDERS

<b>LIST OF DELIVERABLES</b>	<b>STATUS</b>	<b>DATE</b>
<b>1. MOT Training Programmes</b>		
a) Educators Training		
2021	Achieved	26 – 27 March 2021
2022	Achieved	11 – 13 March 2022
2023	Achieved	07 – 09 May 2023
b) School life-skills programme and topics covered	Achieved	August 2023
c) Youth Leaders Training	Achieved	October 2022
d) School as a Society Builder	Post Project/Programme	December 2023
<b>2. MOT Value Reinforcement Days</b>		
a) Courage to Care Day		
2022	Achieved	June 2023
2023	Achieved	August 2023
b) Dignity Day		
2022 -2023	Not completed due to lack of sponsorship	
<b>3. Research and impact results from the MOT Youth Programmes</b>		
	Achieved	December 2023
<b>4. Global Impact Results</b>		
	Post Project/Programme	December 2023

Statistics for  
Jan 2021 –  
Dec 2022.

SCHOOL	ZEEKOEVLEI HIGH	FAIRMOUNT HIGH	LOTUS HIGH
Trained MOT coaches	10	14	4
Active MOT coaches	10	9	4
Super coach assigned	Marlon	Khanya	Darren
Youth participating (Grade 8 -9)	500	408	225
MOT Coaches Refresher training 2022	Completed	Completed	Completed
Young MOTivators Youth Leadership Training	Completed	Not completed	completed

# Statistics for 2023.

SCHOOL	ZEEKOEVLEI HIGH	FAIRMOUNT HIGH	LOTUS HIGH
Trained MOT coaches	10	14	4
Active MOT coaches	9	8	3
Super coach assigned	Marlon	Khanya	Darren
Youth participating (Grade 8 -10)	770	192 (gr. 8s only)	465
MOT Coaches Refresher training	24 March 2023	24 March 2023	24 March 2023
MOT Coaches Basic Education	05 – 07 May 2023	05 – 07 May 2023	05 – 07 May 2023
Young MOTivators Youth Leadership Training	Completed	Reviewed	completed
Young MOTivators Final session	Completed	Reviewed	Completed
Graduation	Completed	Reviewed	12 MOT sessions completed. Graduation to take place in 2024



# ACTIVITIES



## Event Launch

The Wynberg Rotary team, with the support of MOT SA, officially kicked off the MOT Courage to Care Grassy Park Project with a Launch Event. The event took place on 20 October and was attended by 49 community leaders that consisted of SAPS officials, Western Cape Education Development (WCED) officials, Religious Leaders, District Social Workers, Educators, Principals and Employees based in the community. The project has since received official endorsement from the Western Cape Education Department, District Social Workers and Law Enforcement.





# Educators Training 2021

The first MOT Basic Education Course for educators, to become accredited life-skills facilitators, took place on 26 & 27 March 2021 with 26 participants. Each MOT Coach (trained educator/social worker/volunteer) has since received the MOT implementation tool kit, T-shirt, MOT Values school branding and the MOT manual for effective implementation.

Feedback from the event speakers:

Mr. Terence Klassen, Principal of Fairmount High School shared that he was proud that community leaders were in attendance at the launch as it takes a village or community to raise a child.

Mr. Ismail Teladia, Senior Curriculum Planner: Life Orientation/Life Skills from the Western Cape Education Department (WCED) shared information about the partnership that the WCED has entered by incorporating the Life Orientation curriculum with MOT and his keenness to start the MOT Programme in all the schools in the Western Cape. He stressed the importance of partnering with organizations such as MOT that helps by equipping educators to become more effective in delivering the Life Orientation curriculum.





# Educators Training 2022

An additional 30 educators and youth workers participated in the MOT Coaches Basic Education.

A Refresher workshop for MOT coaches trained the previous year was completed in March to refresh their knowledge and prepare both the old and the new MOT coaches for implementation for year 2022.

The MOT teams from the 3 schools sat together to complete their implementation planning for the new year and guidance from the MOT Programmes & Training Team guided this process.







# Educators Training 2023

An inspirational weekend of fun, learning and growth for passionate individuals who are hungry for the knowledge and tools on how to bring out the best in our young people.

A total of 32 educators, lecturers and youth workers participated in the MOT Coaches Basic Education.

Participants, who were chosen through a stringent selection process, completed the 20-hour training programme which covered the following themes:

- MOT Philosophy, values & principles
- MOT Methodology and Tools
- MOT Programmes
- Implementation Guidelines

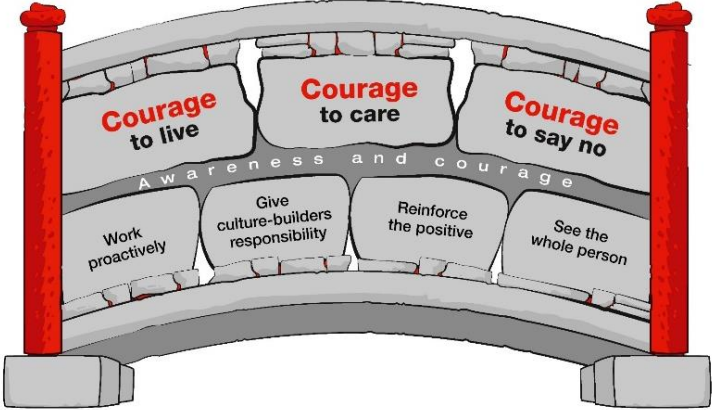
Participants comprised educators, lecturers and youth workers from Fairmount High School, Gardens Commercial High School, Lotus High School, Pebbles Project, Boland College, College of Cape Town, False Bay College and West Coast College.



# SUMMARY OF THE MOT SESSIONS FOR HIGH SCHOOL LEARNERS

MOT SESSIONS YEAR 1	MOT SESSIONS YEAR 2 – Grade 9	MOT SESSIONS YEAR 3
<p><b>1. Show Courage:</b> Strengthen awareness and courage:</p> <ul style="list-style-type: none"> <li>• Live</li> <li>• Care</li> <li>• Say No</li> </ul> <p><u><i>Prevention against gang and gender violence</i></u></p> <p><u><i>Goal setting skills – Personal life choices</i></u></p> <p><b>MOT tool - Satellite orbit</b> (story-telling and Reflection): highlights the importance of including others and raising awareness about the importance of background understanding of those who act wrongfully and therefore rejected by families and communities and finding ways to include people by being positive rather than judgemental</p> <p>Take a Stand exercise (Reflection): Highlights the importance of taking a stand against wrongful actions, such as bullying and standing up for yourself and others</p>	<p><b>7. Choices</b> Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Prioritize</li> <li>• Say no</li> </ul> <p><u><i>Prevention against gang violence</i></u></p> <p>Highlights how easy it is to be influenced by other people’s choices. The focus is on resistance to peer pressure (develop tools on: how they can avoid being part of bad groups or gangs</p> <p><b>MOT Tool - Statement exercise:</b> to reflect on the importance of having the courage to be different and sometimes embrace being excluded.</p>	<p><b>10. Safety</b> Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Lead themselves</li> <li>• Trust support networks</li> <li>• Develop self-esteem &amp; confidence</li> </ul> <p><u><i>Prevention against gang and gender violence</i></u></p> <p><b>MOT Tool - National team exercise:</b> youth become aware of the people who make them feel safe. Youth learn how they can make others feel safe.</p>
<p><b>2. Expectations</b> Strengthen body language and encourage use of social media in a way that:</p> <ul style="list-style-type: none"> <li>• ensures safety, positive outlook and courage</li> </ul> <p><u><i>Prevention against gang and gender violence</i></u></p> <p><b>MOT Tool - Starfish story (Storytelling &amp; Reflection):</b> highlights the importance of showing care towards other and never tiring from doing good no matter how small an act.</p>	<p><b>8. Dreams</b> Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Dream</li> <li>• Find their passion</li> <li>• Follow their heart and desire</li> </ul>	<p><b>11. Values and Respect</b> Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Treat others well</li> <li>• Treat yourself well</li> <li>• Ensure your own values</li> </ul> <p><u><i>Prevention against gender violence; Promoting peace and conflict resolution</i></u></p> <p>Youth are equipped on what they can do to make others feel they are treated well by them (<b>MOT Tool - Role play activity</b>) <b>MOT Tool - Reflection exercise</b> on staying true to one’s values and showing respect.</p>
<p><b>3. Focus</b> Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Reinforce the good in themselves and others</li> <li>• Be innovative</li> </ul> <p><u><i>Prevention against gang and gender violence; Promoting peace conflict resolution</i></u></p> <p><b>MOT Tool - Wishlist:</b> communicating clearly what you expect from others in order to work/ get along well Knot in the stomach: demonstrates the importance of caring for others</p> <p><b>MOT Tool - Jetfuel &amp; invisible backpack</b> activity (demonstrates negative challenges experienced due to difficulties at home and in their communities, challenges that affect the wellbeing of learners which may affect their behaviour and academic performance at school): Allows learners to reflect on the importance of being curious about other’s behaviour and actions rather than judgemental; what youth can do to help one another in challenges and strengthen others</p> <p><b>MOT Tool - Flashlight exercise:</b> reinforcing the good in themselves and others, challenging the youth to say what they like about those around them.</p>	<p><b>9. Role Models</b> Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Be a role model with a positive attitude</li> <li>• Be a brave role model with good values</li> </ul> <p><u><i>Prevention against gang and gender violence</i></u></p> <p><b>MOT Tool - Roleplay:</b> Reminds youth of the responsibility to include everyone and be a role model that shows courage and care</p>	<p><b>12. The Future</b> Strengthen the awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Be prepared for the future</li> </ul>

# SUMMARY OF THE MOT SESSIONS FOR HIGH SCHOOL LEARNERS PT. 2

MOT SESSIONS	
YEAR 1	
<p><b>4. Dialogue</b> Strengthen Communication skills to create more safety, energy and courage.</p> <p><u>Promoting peace and conflict resolution</u> MOT Tool – <b>Diamond communication</b>: Strengthening of communication skills: to create more safe spaces, positive energy and courage</p>	
<p><b>5. Individual strength</b></p> <p>Strengthen awareness and courage:</p> <ul style="list-style-type: none"> <li>• Be themselves</li> <li>• See the positive in challenges</li> <li>• Accept that they aren't always going to be great</li> </ul> <p><u>Prevention against gender violence</u></p> <p>Developing and strengthening self-awareness: Highlights the importance of making individual choices and resisting influence. Youth learn ways to turn negative situations into strengthening opportunities.</p>	
<p><b>6. Value Awareness</b></p> <p>Strengthen awareness and courage to:</p> <ul style="list-style-type: none"> <li>• Show respect</li> <li>• Make others feel valuable</li> <li>• Have background understanding</li> </ul> <p><u>Peace and conflict resolution, addressing violence</u></p> <p><b>MOT Tools - Balloon Trick</b> (demonstrates effects of giving positive/ negative energy); <b>Notes on Forehead</b> (raises awareness of the importance of including everyone); <b>Paper Plate exercise</b> (demonstrates the importance of making others feel valuable): Developing personal insight and making others feel respected and valued: youth become aware of and learn to be there for other who feel left out. The can pick up on those who may be vulnerable to gang influence and those looking for reassurance in wrong places and show them care. Make them aware that their words and actions can either break or build others.</p> <p>Youth develop sensitivity towards those who are vulnerable and include them.</p>	

The MOT programme focuses on prevention methods, which help alleviate the highlighted issues. If youth can make conscious choices by thinking and assessing situations before they find themselves in, then they are able to resist peer pressure. If they are made aware of their environment and how their actions affect others, then they become more sensitive towards others.

MOT creates a safer and warmer environment where youth can be made to feel safe, valuable and develop the ability to thrive. If a person is resilient, they are not an easy target to gangs and make better choices.

# Implementation 2021

Our MOT partners continued with implementation despite hurdles that have come with covid. As educators were inundated with academic work, trained volunteer MOT coaches from the surrounds of Grassy Park came into rescue, taking over facilitation of MOT sessions to help alleviate the pressure experienced by some of the school MOT coaches.

<b>2021</b>	<b>Fairmount High School</b>	<b>Lotus High School</b>	<b>Zeekoevlei High School</b>
Number of learners participating in the programme (gr. 8)	203 learners	70 learners	250 learners
Number of MOT Sessions completed	1	1	1

# Implementation 2022

The focus of the MOT's Programmes & Training team, beginning of 2022 was to strengthen the support base by means of the supercoaches strategy, whose aim was to provide more support to MOT coaches in implementing MOT. MOT Managed to retain 71% of active MOT coaches from the Grassy Park schools – which was key to ensuring effective implementation and the ability to reach the targeted number of learners to the MOT programme. We are very proud of the dedication and consistency shown by our MOT coaches and the impact it is starting to show in many of the MOT schools.

<b>2022</b>	<b>Fairmount High School</b>	<b>Lotus High School</b>	<b>Zeekoevlei High School</b>
Number of learners participating in the programme (gr. 8 - 9)	408	225	500
Number of MOT Sessions completed	1	7	7
Young MOTivators Training completed	No	Yes	Yes

# Implementation 2023

All three schools have resumed the MOT Programme. MOT is preparing for Refresher Training set to take place in the last week of March to prepare trained MOT coaches for facilitation of MOT sessions.

<b>2023</b>	<b>Fairmount High School</b>	<b>Lotus High School</b>	<b>Zeekoevlei High School</b>
Number of learners participating in the programme (gr. 8 - 10)	192 ( Implementation plan reviewed - gr.8's & 9s continue sessions in 2024 )	465	770
Number of MOT Sessions completed	4	12	12

# Fairmount High School

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Fairmount Secondary School has experienced challenges with regards to implementation of MOT at their school. Below is the status report.

As outlined in the project plan, MOT coaches from Fairmount received MOT training to implement the MOT programme. A total of 14 MOT coaches completed the training and implementation planning, was completed during the training. Implementation was set to begin after the first training that took place in March 2021. MOT SA conducted the monitoring of the programme at the 3 Grassy Park schools and necessary support was provided to each school to ensure MOT sessions ran as smoothly as possible, despite the attendance issues and rotational timetables during the covid period, which further impacted learner participation in MOT at the schools. Furthermore, MOT has made several attempts to engage with Fairmount Secondary School. Despite these attempts to assist Fairmount Secondary school to implement the MOT program

The implementation challenges at Fairmount SS were communicated to the Wynberg Rotary. MOT requested a meeting with the Fairmount SS Acting Principal and MOT coordinator at the school to express the concerns and discuss their future with MOT.

# Fairmount High School

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The meeting on the 20 Feb 2023 took place and MOT was informed that the following has been put in place:

- Mr Klassen was appointed to act as the campaign for implementation of the program
- A new co-Ordinator was appointed
- A clear implementation plan was presented to MOT and this was accompanied by a wish list of support they needed from MOT
- Two new candidates were identified for training to become MOT coaches
- Three sessions were reported to have been completed.

Based on the implementation of their turn around strategy and the progress made, MOT felt that they should be allowed to continue as part of the program. MOT also made a decision that if Fairmount SS was not allowed to continue as part of the Grassy Park Project, MOT would continue to support them to the end of Dec 2023.

On the 21st of Feb, an email was sent to the Wynberg Rotary team to inform them of the outcome of the meeting and the decision taking by MOT.

The current implementation plan is not affected from a financial resource allocation perspective as all of this took place during the four months that the schools were left to implement.

The next spending was done for the MOT coach refresher which took place at the end of March 2023.





# Information meeting with Grassy Park Schools Parents

MOT conducted 3 successful information meetings with Fairmount Secondary, Lotus Secondary and Zeekoevlei Secondary schools in the month of February and March. The purpose of the meetings was to enlighten learners parents on the MOT programme and involve them in encouraging their children to participate in the MOT programme. A total of 340 parents attended the meeting.



## Stakeholder Engagement Meeting - Grassy Park Schools

The purpose of this meeting was to provide feedback on the project milestones achieved by MOT, progress on implementation at the Grassy Park Schools and the next steps leading up to the conclusion of the project happening in December 2023.

The MOT team, together with representatives of school management, MOT coaches and learners provided feedback on their experience of the MOT programme and its impact in the two years of implementation.





# MOT Reinforcement Days

## Courage To Care Day 2022

MOT SA head office identified and collaborated with 3 different organisations in which our partnering high schools, TVET colleges, Community Organisations and corporate partners could join in:

School clothing for rural schools. A total of 2 bags of school shoes and 5 bags of school uniforms were collected!

Gender-Based Violence (GBV) Shelter support with Teleah Meshae Foundation, a new foundation starting up at the end of June and Saartjie Baartman Foundation. Over 10 bags of Adults' and children's clothing, including toys. These were donated to a shelter assisting women and children who are victims of GBV. Our partnering 19 Schools, TVET Colleges and corporate partners. After the donations were collected from the various MOT sites, an award ceremony took place, to celebrate the wonderful work done by MOT sites



# Career Expedition

On 3 August 2023, MOT SA successfully hosted our first-ever Career Expo. The Career Expo was aimed to empower and inspire the Grade 9 learners by providing them with valuable insights into various career paths. The Career Expo is an essential aspect of our Courage to Care Day Campaign which is aligned with MOT's core value of "Courage to Care," and encourages individuals to show care and respect to others and themselves, while also including those who may feel left out.

The Career Expo also forms part of our Courage to Care Global project with the Rotary Club of Wynberg which has a direct positive influence on three high schools in Grassy Park: Fairmount, Lotus, and Zeekoevlei Secondary Schools.



# Grade 9 Young MOTivators Youth Leadership Training

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A fraction of the Grade 9 learners selected to participate in the Young Motivators leadership camp in October will be taking up the role of youth role models in their schools. This is due the reports that came the second day of training that some of the learners behaved inappropriately. Despite the successful programming in the first two days, support provided and numerous attempts by MOT staff to ensure all learners understood the kind of behaviour and level of participation required, some learners failed to adhere to the instructions and showed lack of interest in the activities they were instructed to complete before the final day of presentation. Consequently, a decision was made on Sunday morning, to suspend the camp. This is the first time that MOT has had to come to such a decision.

The selected 9 learners will attend the last session of the training at the time agreed on by the school and MOT SA. The rest of the group will be given a chance to assist the MOT coaches and Young MOTivators in their roles as MOT assistants; a small group will resume with MOT sessions as general MOT youth and are encouraged to continue on their journey as MOT youth. The MOT assistants will be granted another opportunity to apply for the Young MOTivators leadership camp, and attend on the last day of the camp to prepare them to practice as Young MOTivators in 2024. The incident was reported to Wynberg Rotary and they supported the decision made by and the next steps proposed.

Despite the challenges experienced, the leadership training has strengthened the learners' awareness, leadership and prepared some to become advocates of MOT and commit to the role of presenting the MOT to their peers at school and communities.

From discussions held with other MOT countries concerning Young MOTivators this has been found to be a global challenge. In response this challenge, MOT will be involved in the selection process. In addition, a briefing session will be conducted by MOT where all the selected are given the opportunity to understand the expectations of the training they will be receiving and what their role will be once they have completed the training.



# Grade 9 Young MOTivators Youth Leadership Training

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# MOT SA Events 2022

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## **MOT Enthusiasts gathering**

On Friday, 27 May 2022, MOT South Africa held its MOT Enthusiasts' Gathering to over 70 participants (both in-person and online), an event held biannually to celebrate MOT's success and the journey ahead.

In recognition of our MOT Schools' valuable contribution to MOT and the positive impact and experiences they have created for the youth in their school and community, the MOT School of the Year Award was presented to Zeekoevlei High School. The Top 3 Finalists, including Zeekoevlei High, were: Fairmount High School and Lotus High School.

## **MOT Women's Event**

In celebration of National Women's Month, MOT SA hosted a MOT women's event themed "Courage to be a woman". The purpose of this event was to recognize and to give back to unsung women heroes who are community leaders and who dedicate their time towards youth development in challenged and underprivileged communities. MOT female coaches were honored and showed appreciation for the hard work that they have done, and as they continue to develop our youth in becoming better citizens and society builders.

# MOT SA Events 2022

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## The Are Hovstad Award

Jarl Are Hovstad was a founding Board member of MOT SA and was knighted by HRH King Harald of Norway for his work in education and health on the Cape Flats. He was also awarded Western Cape Provincial Honours in the form of The Order of the Disa, including many more inspiring works. In tribute to his legacy, the MOT SA Board decided to award a MOT Associate who whole-heartedly displayed similar characteristics to our beloved Are Hovstad. Wenche Hovstad, the wife of Are Hovstad, shared stories about the wonderful man our beloved Are Hovstad was. “The award was established to honour him and to keep the ethos and spirit of MOT and the values he had alive”.

Mr Terence Klassen, Principal at Fairmount High School was the 2022 Are Hovstad awardee, Darren Maybe, a former Fairmount High learner, who is now a MOT coach nominated Mr Klassen and believed that was the perfect fit for this prestigious award, as he is the epitome of the MOT Values (Courage to Live, Courage to Care and Courage to Say No) and is a genuinely loving and caring person. In Darren’s nomination form, he wrote: “Mr. Klassen is an inspiration to me and so many young people at Fairmount as well as the surrounding community members and parents. He believes in second chances. Those young people that other teachers and parents gave up on, he always goes the extra mile to motivate them and encourage them to become better and bigger than their circumstances, to not give up and push through their adversities.” *“Despite his own personal challenges, he still lives by his values and still decides to choose to offer a hand to the youth. He truly believes in the youth as the leaders of today and the generation that will take this nation to the next dimension. He is a true inspiration and a big role model to all, and I am proud to nominate him.”*



# MOT SA Events 2023

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## Career Expedition

On 3 August 2023, MOT SA successfully hosted our first-ever Career Expo. The Career Expo was aimed to empower and inspire the Grade 9 learners by providing them with valuable insights into various career paths. The Career Expo is an essential aspect of our Courage to Care Day Campaign which is aligned with MOT's core value of "Courage to Care," and encourages individuals to show care and respect to others and themselves, while also including those who may feel left out.

The Career Expo also forms part of our Courage to Care Global project with the Rotary Club of Wynberg which has a direct positive influence on three high schools in Grassy Park: Fairmount, Lotus, and Zeekoevlei Secondary Schools.

## Courage to Care Day Celebration

Courage to Care Day is a special day dedicated to spreading kindness, love, and compassion to everyone around us. It is a day to reflect on the importance of caring for others and for ourselves. It is celebrated annually and aims to bring people together to show appreciation and love for one another.

Our goal is to give back to kids who attend rural and farm schools across the province by providing them with donations of school uniforms, clothing, stationery, and textbooks. All donations received from the campaign will be given to these children to help create a more equitable and just society by providing them with the tools they need to succeed in their education.

# MOT SA Events 2023

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## **Enthusiasts Gathering – MOT SA’s 15<sup>th</sup> year birthday celebration**

On October 20<sup>th</sup>, 2023, MOT South Africa celebrated a significant milestone – the 15th Birthday of MOT in South Africa. The MOT Enthusiasts’ Gathering, held at the Old Mutual Head Office in Pinelands

With the theme “Courage to Celebrate,” this gathering brought together the spirit of resilience, acknowledgement of successes, and a commemoration of the progress MOT SA has made over the past 15 years in South Africa. The event was graced by over 200 guests, including the Founding Father and Mother of MOT, Atle and Sigrun Vårvik, who visited from Norway to celebrate with MOT SA.

MOT’s impact on academic success was highlighted research showed that participants in MOT programmes achieved, on average, an 18% higher subject pass rate and a 12% higher completion rate for courses. Moreover, around 95% of participants indicated that MOT programmes made a significant difference in their lives.

# Support, Monitor and Evaluation

END OF PROJECT FEBRUARY 2022		
AIM	OBJECTIVE	OUTCOME
<ul style="list-style-type: none"> <li>Reporting, Monitoring and Evaluation of MOT Project</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate &amp; report on MOT's impact</li> <li>Full progress report of MOT programme implementation</li> </ul>	<ul style="list-style-type: none"> <li>Lowered frequency of bullying</li> <li>Reduced social and mental health problems</li> <li>Reduced substance abuse</li> <li>Lowered drop-out rate</li> <li>Improved academic performance</li> </ul>

MOT SA has conducted regular site visits and as required by the participating schools, this will include: support in co-facilitating MOT sessions, workshopping challenges that may arise and assist the MOT coordinator to compile site feedback reports. The support received from the MOT SA office and the site visits will continue after the 2-year project is completed, to ensure sustainability and effectiveness of the intervention.

Check-ins with MOT coordinators were conducted monthly to assess the state of implementation at the schools and provide support needed.

Surveys were sent out in the first quarter to determine the state of readiness.

Management meetings were held in the 3rd quarter to review the programme and plan for the following year.

# Implementation Challenges & Support

2021 Challenges	Intervention
<p>Delayed start of the project due to covid related issues</p>	<p>Project timelines to be adjusted – motivation to Wynberg Rotary to move the project closure to Dec 2023</p>
<p>Educators were inundated with academic work, could not allocate time to do MOT sessions                      Rotational timetables negatively impacted learner participation at the schools                      Gang violence hindered learner participation at Fairmount Secondary</p>	<p>MOT office provided volunteers to assist with facilitation through the Super Coaches Strategy - appointing a liaison between MOT SA and schools assigned sites to assist with coordination and provide regular feedback on implementation status for each site                      With financial assistance from Rotary International, MOT has arranged for Fairmount learners to attend MOT sessions on weekends.                      A new coordinator at Lotus High has been appointed and presented a catch-up programme to ensure that grade 9 learners qualify to apply for the Young MOTivators leadership training.</p>
2022	
<p>Lotus Secondary School &amp; Zeekoevlei Secondary School experienced difficulties due to staff turnover and lack of proper coordination of the programme.</p> <p>Fairmount Secondary Schools educators were inundated with teaching responsibilities and other programmes that took priority, which meant there was no time to deliver the MOT programme</p>	<p>Over and above consistent monitoring of the MOT programme, through follow up phone calls, emails and visits, the MOT office provided volunteers to assist with facilitation through the Super Coaches Strategy - appointing a liaison between MOT SA and schools assigned sites to assist with coordination and provide regular feedback on implementation status for each site.</p>

# Financial Management

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## Project Budget Allocation

### ❑ What MOT did not allocate for:

1. The fee that the MOT Schools pay to use the MOT license
2. Additional work that MOT needed to do with the MOT Coaches. The schools did not volunteer to be a part of MOT but they were selected by the funder. MOT had to do a lot more work to motivate the MOT Coaches. A lot of visits to the schools were done, super MOT coaches, volunteers needed to assist, fundraising to assist with sessions
3. MOT Events were not included in the budget. The problem with the budget is, every time MOT comes up with an innovative Event, the sponsored schools have to be invited but there was no financial contribution from the sponsors
  - i. MOT Enthusiasts Gathering
  - ii. Women's days event

# Financial Management

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## Project Budget Allocation

❑ What MOT did allocate for that was not necessary:

1. *M&E Training* – Adequate monitoring achieved through support from, designated MOT coordinator, supercoach support and regular check-ins and site-visits by MOT Head Office
2. *Social Worker Support* - Schools have access to free social work services provided by the Department of Basic Education to all schools

# Learnings

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For this project, the schools identified by the funder did not follow MOT's recruitment strategy. We've learned that it's essential to adhere to MOT's prescribed recruitment process to ensure stronger cooperation between MOT and the implementing schools.

The MOT life skills programme has to form part of the school curriculum. This is a very sensitive area which needs to be taught by individuals who had been well trained and have the motivation to deliver quality MOT sessions to the learners.

The success in the training of teachers in MOT is an important aspect of the success of the implementation of life skill in the curriculum.

The sustainability of the MOT programme depends on:

- ✓ The support structures set in the different MOT sites and the ongoing support for the MOT coaches
- ✓ Blended MOT teams comprising educators, non-teaching staff and community members linked to the school
- ✓ Following structured implementation plan and adhering to the timelines specified
- ✓ A MOT champion, preferably a non-teaching staff, at each implementing site available to coordinate MOT-related activities
- ✓ Full participation in refresher training for MOT coaches
- ✓ Participation in MOT reinforcement days
- ✓ Effective communication between implementing schools and the MOT office
- ✓ A more stringent selection process for both MOT coaches and Young MOTivators
- ✓ Sound Invoice Management and Financial Reporting

# Conclusion

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We feel that at this point of the project MOT have honoured the initial purpose, ethos of the project. We feel that we have been responsible in our engagement with our stakeholders and control of the funding that has been allocated to the project.

The successful implementation of MOT in a school depends on having an enabling working environment that supports effective implementation. It is therefore imperative that Schools Management continue to work together with MOT coaches in establishing such an environment in the schools.

Changing attitudes and developing appropriate behaviours is not always easy to accomplish in a short period. Adopting a long-term approach to training, with continuous re-enforcement and support is a more effective approach for MOT coaches, the training of teachers, hence MOT coaches refresher workshop, reinforcement days such as Courage to Care Day are important, and successful youth leadership training are necessary components for a successful MOT programme.



# Acknowledgements

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**Principals at each school (past and present):** For welcoming the MOT programme and your leadership in ensuring the smooth running of the MOT programme at your individual schools

**Coordinators at each school (past and present):** For providing support and coordination to for smooth implementation of the MOT programme

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