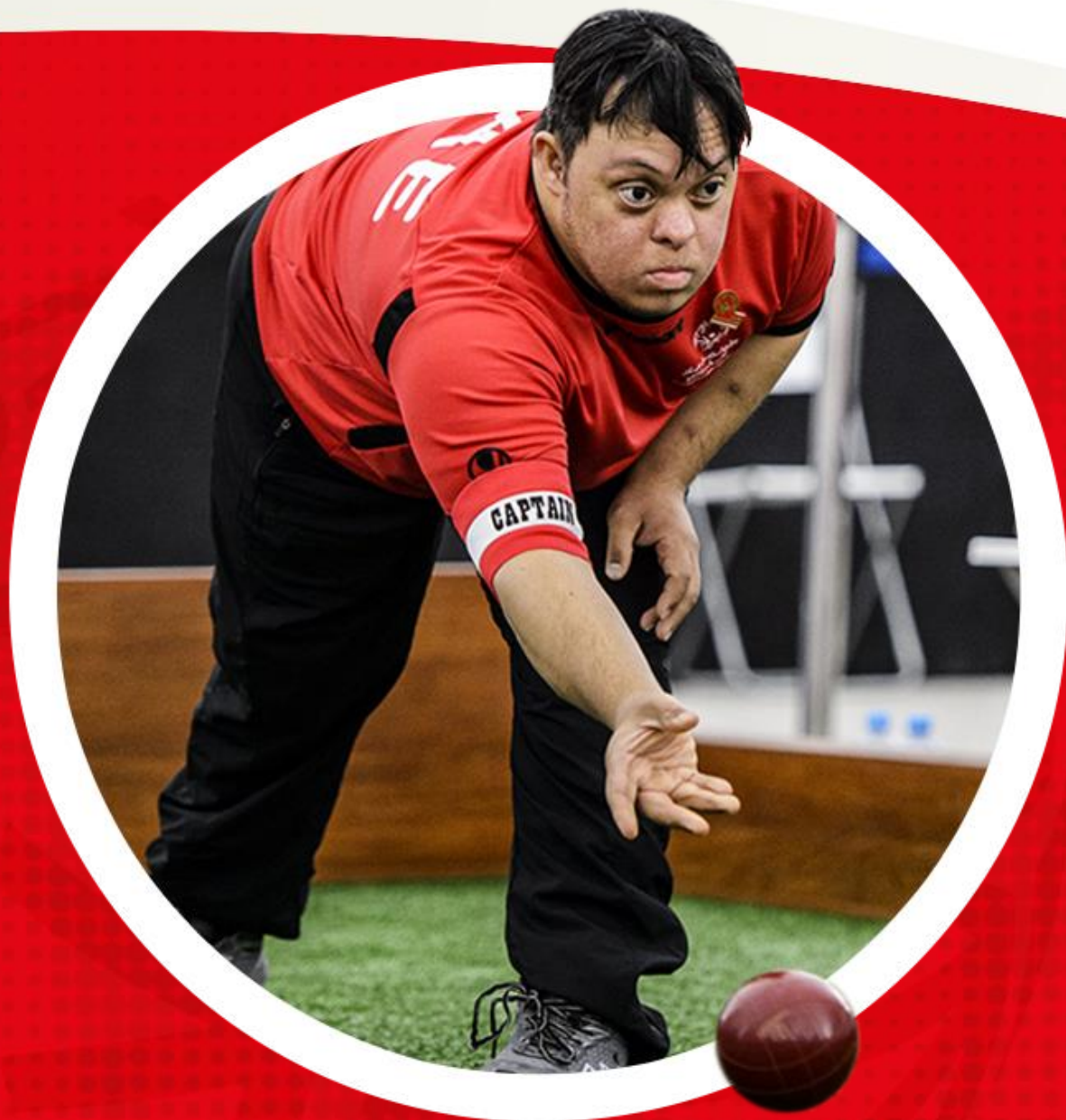




**Special
Olympics**

Middle East / North Africa



**Special Olympics
Middle East/North Africa**

#InclusionRevolution



**Special
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About Special Olympics Middle East/North Africa

In 1968, when Eunice Kennedy Shriver founded Special Olympics, she took a historic stand against the injustices faced by people with intellectual disabilities (ID). Fifty-three years later, just as Eunice Kennedy Shriver did in 1968, Special Olympics Middle East / North Africa (SO MENA) is setting a stake in the ground and is once again prepared to alter the course of history. Our groundbreaking programs encompass year-round sports competition, access to health care, and inclusive opportunities in schools and **communities across 22 countries in total namely; in the Gulf: KSA, UAE, Kuwait, Oman, Bahrain, Qatar, Yemen, in the Middle East: Syria, Lebanon, Jordan, Iran, Iraq, Palestine, in North Africa: Egypt, Libya, Djibouti, Comoros, Tunisia, Algeria, Morocco, Sudan, Mauritania.**

The Strength and Reach of Special Olympics MENA

197K+

ATHLETES

22

COUNTRIES

6.4K+

COACHES

18K+

HEALTH
SCREENINGS

2.2K+

YOUTH LEADERS

7.8K+

YOUNG ATHLETES

19K+

VOLUNTEERS

420+

UNIFIED
SCHOOLS

Special Olympics MENA

Focus Areas of the Year-round Activities



Sports and Unified
Activities



Unified Champion
Schools



Youth
Engagement and
Leadership



Health
Programs



Unified Leadership



Coaches



Siblings and
Families



Volunteers



Young Athletes



THE STRATEGIC PLAN AT A GLANCE

Special Olympics changes attitudes and behaviors through sport. We do it by showcasing the gifts and talents of people with ID, creating friendships and demonstrating the best of the human spirit. **This Plan has two goals:**

GOAL A

Improve local sports participation and well-being to strengthen communities

GOAL B

Remove barriers to inclusion and expand reach through digital technology

Three strategies will lead to achievement of these goals:

- S1. Improve quality and reach of local programming
- S2. Empower athlete leaders and other change-makers
- S3. Foster inclusive practices and settings

All of this will be made possible through four enablers:

- E1. Digitize the Movement
- E2. Diversify Revenue
- E3. Build the Brand
- E4. Drive Excellence (People and Practices)



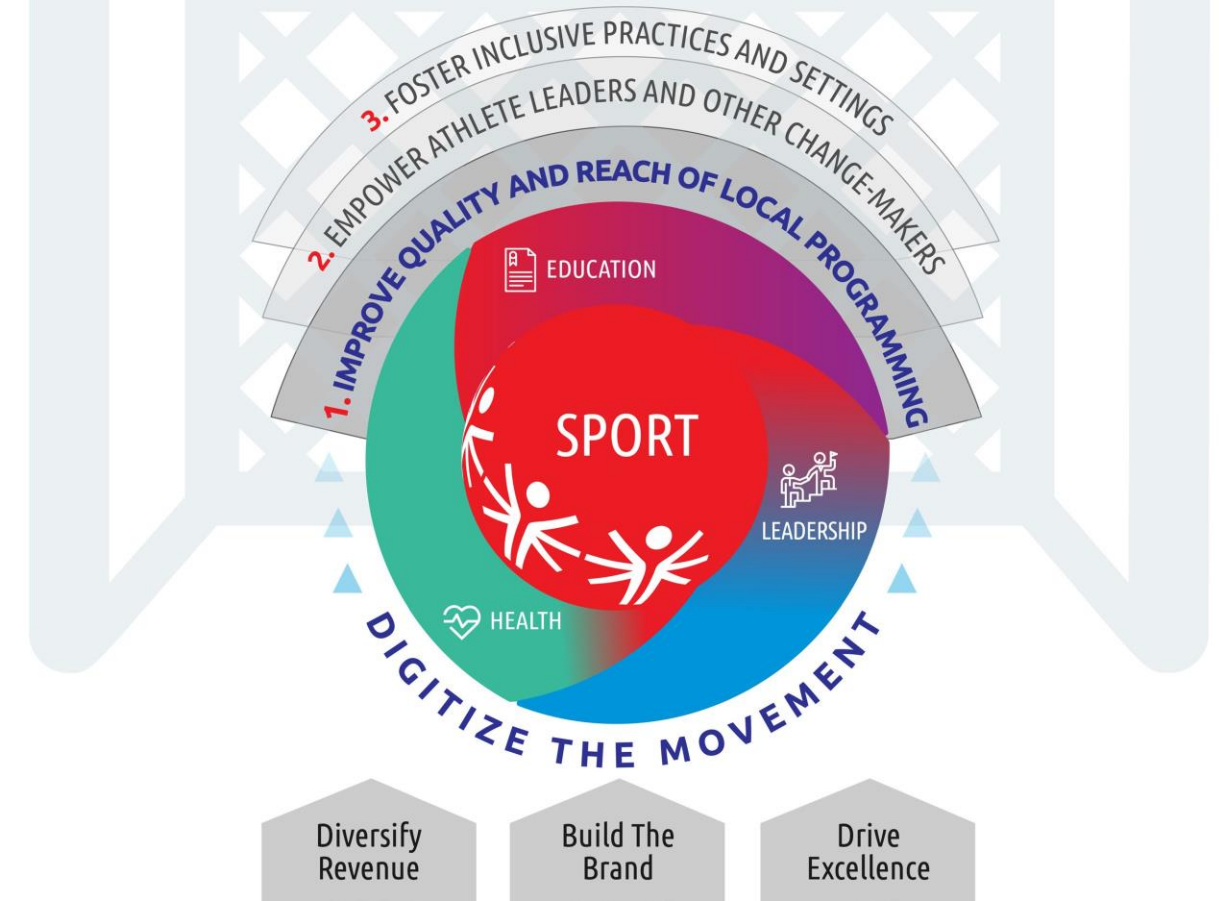
OUR **VISION** IS AN INCLUSIVE WORLD FOR ALL, DRIVEN BY THE POWER OF SPORT, THROUGH WHICH PEOPLE WITH INTELLECTUAL DISABILITIES LIVE AN ACTIVE HEALTHY AND FULFILLING LIFE.

GOAL A

INCREASE LOCAL SPORTS PARTICIPATION AND WELL-BEING TO STRENGTHEN COMMUNITIES

GOAL B

REMOVE BARRIERS TO INCLUSION AND EXPAND REACH THROUGH DIGITAL TECHNOLOGY





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About our Athletes

Athletes are the heart of Special Olympics MENA. Our athletes are children and adults with intellectual disabilities are a part of a global community of 5.7 million and counting! Our athletes are finding success, joy and friendship through the power of sports. They're also having lots of fun!





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Unified Sports

Athletes with intellectual disabilities participate in sport with a unified partner. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together as a quick path to friendship and understanding.





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Middle East / North Africa

About the Games and Competitions

Local Competitions

National Competitions

Sub-Program Games and
Competitions

Invitational Games and
Competitions

Regional Games

World Games

Every day, our athletes train to achieve their best in local and national competitions. Special Olympics Middle East/North Africa has been hosting regional Games since 1999, unifying the region. As the world's largest humanitarian events, alternating between summer and winter, the World Games have become the flagship event of the Special Olympics movement and have grown to be an international demonstration of inclusion, acceptance, and unity. In 2019, Special Olympics World Games were held in Abu Dhabi welcoming 7000 athletes from 200 countries and in 2020, the first-ever Pan African Games were held in Cairo, Egypt.



30+ Olympic-Type Sports Offered!



Athletics	Aerobics	Alpine Skiing	Badminton	Basketball
Bocce	Bowling	Beach Volleyball	Cross Country Running	Cycling
Cross Country Running	Dance	Distance Running	Equestrian	Fitness
Floor Hockey	Floorball	Football (Soccer)	Futsal	Gymnastics
Golf	Handball	Judo	Kayaking	MATP
Power Lifting	Roller Skating	Sailing	Short Track Speed Skating	
Speedball	Swimming	Table Tennis	Tennis	Snowshoeing
Triathlon	Volleyball	Young Athletes	Walking	Open Water Swimming

***Not all sports are offered regionally, some of these are local sports only**



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Health Programs





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Health for All

Inclusive health means engaging community members, clinical directors, health institutions and all health professionals to train them to execute programs and services that can be available to people with ID, equal to people who do not have ID. Through our Healthy Athletes program (Fit Feet, Special Smiles, Strong Minds, Healthy Hearing, Opening Eyes, fitness activities) and Healthy Communities at Special Olympics MENA, we provide high quality, expert care to our athletes and get their families to play active roles in health and fitness.





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Healthy Athletes Program



FIT FEET
(podiatry)



funFITNESS®
(physical
therapy)



**HEALTH
PROMOTION**
(better health
&
well-being)



**HEALTHY
HEARING**
(audiology)



MedFest®
(sports
physical exam)



**OPENING
EYES®**
(vision)



**SPECIAL
SMILES®**
(dentistry)



**STRONG
MINDS**
(emotional
wellbeing)

Building Healthy Communities In Middle East/North Africa



Special Olympics Middle East/North Africa brings the opportunity for every member of the community to advocate for Inclusive Health. The right to equal healthcare is not defined by a different ability and that is why, through our **Healthy Communities program, Community Awareness Sessions, Family Health Forums, Community FIT Clubs, Fitness Programs and Healthy Athlete Program**, we extend our community support to enable inclusive healthcare systems that integrate inclusion.

Shifting to Virtual Our Impact during COVID-10



**HEAL THE BODY
& MIND**

Dr. Maysar Saredine
Ph.D, Clinical/ Community
& Liberation Psychology

Tuesday 14th July, 2020
at 3 PM (Cairo Time)

Special Olympics
Middle East / North Africa



BROUGHT TO YOU BY
**MENA & AFRICA
REGIONS**

Hana Amin
Yoga Instructor

**STRESS RELEASE
YOGA SESSION**

Wednesday
4th of November
At 6 PM
(Cairo & Johannesburg Time)



Special Olympics
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**نظام حياتك الصحي
في رمضان**

الأربعاء ١٣ مايو الساعة ٣ مساءً
(بتوقيت القاهرة)

مع
د/أمل حداد

استشارية التغذية العلاجية

Meeting ID: 92782169993
Password: 719450

During COVID-19, our Health teams took a robust approach to harness the power of technology and launch online sessions focused on online **Stress Awareness sessions, Fitness Challenges, Nutrition Talks, Weekly Yoga and Wellness**, to bring the community together. The athletes, their families, Coaches, Trainers, and all Special Olympics MENA community were welcomed to attend the sessions. Through our agility, we showed our strength.



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Beyond Sports





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Activating Siblings

For Special Olympics athletes, siblings play a critical role. Acknowledging the siblings' powerful influence within their families and the positive effect on athlete behavior after sibling coaching, Special Olympics MENA continues to strengthen the siblings' network within the region. Special Olympics MENA siblings' workshops are held yearly and declined locally through the creation of Sibling Councils to activate, empower and show siblings commitment.





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Unified Activities

Unified Activities empowers individuals of all abilities and ages to explore artistic self-expression and showcase their creativity and talent through inclusive music, robotics, photography, gardening, art contests, and Virtual Unified Activities experiences and interactions.





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Unified Arts Program

Away from the swimming pools, paddocks and stadiums, creativity and artistic events are also held year-round to inspire a greater level of unity and inclusion in society. When athletes explore their creative expression and get involved in hands-on experiences, they are wholly engaged.





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Special Olympics Young Athletes

Special Olympics Young Athletes is an early childhood play program for children with and without intellectual disabilities ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. Young Athletes offers families, teachers, caregivers and people from the community the chance to share the joy of sports with all children. Young Athletes provides children of all abilities the same opportunities to advance in core developmental milestones.





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Motor Athletes Training Program

The Special Olympics Motor Activity Training Program is designed for athletes who are unable to participate in official Special Olympics sport competitions because of their skill and/or functional abilities. The Motor Activity Training Program is designed to prepare athletes -- including those with severe or profound intellectual disability and significant physical disabilities -- for sport-specific activities appropriate for their ability levels.





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Unified Robotics Program

Robotics has grown rapidly in popularity over the last several years and provides new and emerging opportunities for adaptive and inclusive play that requires teamwork, communication, critical and strategic thinking, creativity, sportsmanship, and leadership – much like traditional sports do. Unified Robotics is an inclusive STEM (Science, Technology, Engineering, Math) program that provides schools with training and resources for collaborative opportunities for individuals with and without intellectual disabilities!





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Youth Leadership and Engagement





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Lead to Include

Through the Lead to Include project, the Youth learn values of inclusion and how-to co-lead with their partner, known as Unified leadership. By instilling the skillset and values of Unified leadership at each level of Youth-focused summits, Youth Leaders train other Youth Leaders, starting with the Global Youth Leadership Summit, attendees bring their leadership to the Regional Leadership Summit, and from there those attendees bring it to their local level summits.





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Youth Innovation

Youth Leaders

Youth Engagement

Special Olympics Youth Leaders with and without intellectual disabilities come together to design, plan and implement their own visions for inclusion in their schools and communities, leveraging the tools of Special Olympics and the mentorship of adult allies. Through **Youth Innovation Projects, empowerment of Youth Leaders with and without Intellectual Disabilities and Youth Engagement opportunities**, Special Olympics MENA is building a Unified Generation.



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Inclusive Education





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How does Special Olympics engage schools?

School engagement in three parts



1

Unified Sports

Young people with and without ID join as teammates in sport and play

Schools around the world often begin with Unified Sports. We call these schools Unified Schools.

1

Unified Schools

Schools offering inclusive sport opportunity



Over time, Unified Schools add components of Inclusive Youth Leadership and Whole School Engagement. We call schools with this 3-part suite Unified Champion Schools.

1 2 3

Unified Champion Schools

Schools offering inclusive sport, leadership, and broad engagement opportunities



Whole School Engagement

Awareness and education activities engage student body in message of inclusion

3

Inclusive Youth Leadership

Young people with and without ID join to lead advocacy and awareness efforts to increase inclusion

2



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Unified Schools

A Unified School is a school that conducts Unified Sports activities at least two times in a calendar year. Special Olympics Unified Schools could be any a pre-school, a primary school, a secondary school, a College or university that offer Unified Sports opportunities to its students. Through Unified Schools, Special Olympics MENA achieves inclusive communities and promotes positive attitudes and behaviors.





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Unified Champion Schools

Unified Champion Schools are educational institutes that go beyond Unified Sports and integrate inclusive youth engagement, leadership activities, and whole school engagement activities to empower young mindsets. In the UAE, carrying forward the legacy of the Special Olympics World Games, the leadership of the UAE emphasizes on inclusion at grassroots level. In March 2019, 100% of the public schools in the UAE were announced to become Unified Champion schools.





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Athlete Leadership





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***Nothing About us, Without Us.
Led and Inspired by the Athletes.***



Athlete Representative



Global Messengers



Health Messengers

Special Olympics MENA is shaping a new understanding of leadership, inspired by our athletes, and unleashing leadership potential in people of all abilities. Through various programs, **Regional Athlete Leadership Input Council, and representation of elected Athlete Leader from the Region in Global Athlete Leadership Council, Health Messengers, Coaches, Assistant Coaches, volunteers, games and events evaluators.** We encourage athletes to reach out for their own rights and use their voice to become decision-makers in building a truly Unified Generation through the Unified Leadership Approach.



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Special Olympics Middle East/North Africa A Community of Change Agents



Special Olympics Middle East/North Africa values every community member who joins us to empower Special Olympics Middle East/North Africa athletes. Over 20 years of success would not have been possible without the **Families of our Athletes, Siblings of the Athletes, the Coaches of the Athletes, Trainers, Educators, Health Professionals, Clinical Directors, and Volunteers** who have the same dream as us: a world that welcomes everyone equally.



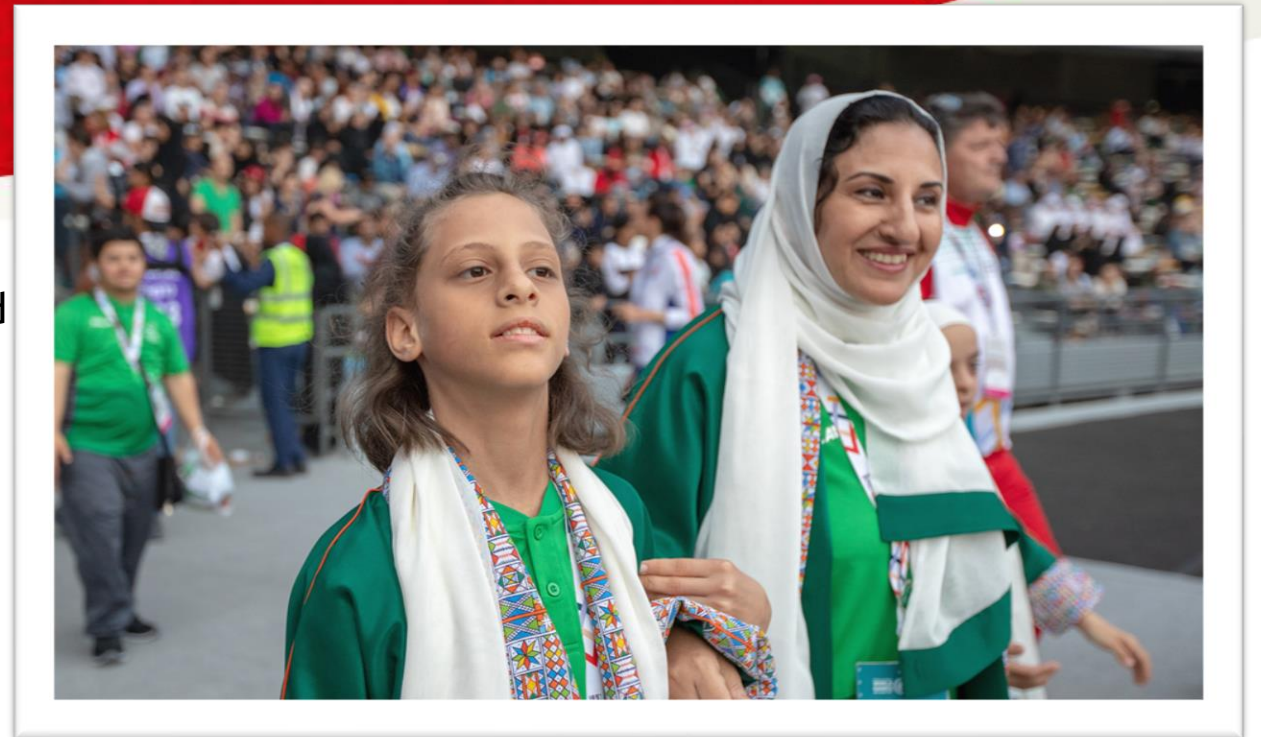
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ALDAR

Our Legacy of First Evers

From being the first region to hold continuous regional Games, to hosting the most inclusive, Special Olympics World Games held in Abu Dhabi in 2019 that successfully engaged 7,000 athletes from 200 countries, the to the Pan-African Games held in Cairo in January 2020, The 1st Ever Unity of 2 Special Olympics Regions (Africa & MENA) with 50% Female Participation and The 1st Ever Families Exhibition to take place in 2020, we are the region that has been building ground-breaking success over the past 20 years.





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