



Yamba Hearts FC: Empowering Ugandan Girls through the Power of Football

In the heart of Africa, in the beautiful, vibrant country of Uganda, the dreams and potential of young girls and women are waiting to be ignited. Yet, many find themselves outside the circle of opportunity due to their rural environments, particularly when it comes to the joy, discipline, and community-building power of soccer.

Historically, the game has been a symbol of unity and empowerment, transcending borders and cultures. However, in Uganda, the beacon of women's football has yet to shine brightly. Yamba Hearts FC dreams of changing this narrative. With your help, we're on a mission to create a robust structure for women's football and unlock the untapped potential of girls and women in these communities, starting from Mpigi District in the central part of Uganda.

We are starting the first-ever Women's Football tournament in Mpigi, a spectacle that will engage, inspire, and empower girls and women through the magic of sport and invaluable life skills. This will not be just another sporting event. It will be a monthly celebration of feminine strength, skill, and ambition, running throughout the year, transforming football into a pathway towards improved livelihoods.

We are calling on you to help us mobilize young village women, equipping them with not only the gear for the game but also the tools for life. With improved training and life skills development, we believe that every kick of the ball, every goal scored, will be a step towards gender equality and women empowerment in Mpigi communities.

Through the Yamba Hearts Women's Football tournament, we will support local community girls' football teams with:

- High-quality sports equipment: Matching kits, football boots, balls, and training materials.
- Comprehensive training modules: Football coaching coupled with vital life skills training.
- Administrative support: To promote and foster team development.

But that's not all. We will also nurture the participating players to maximize their life chances. We'll provide career counseling, mentoring, and open avenues for professional players to inspire young girls in our local teams. Through our efforts, we will raise the profile of women's football in Uganda, demonstrating the extraordinary power of sport to change lives and communities.

Yamba hearts FC: A joint effort by Yamba Hearts for Uganda, SOWE and DP Sports Management.

The project is economically feasible with a smaller budget as outlined below, and it also holds big potential for greater impact if we receive more funding.

Estimated budget; for 6 teams

One time costs	Quantity	Rate per unit	UGX	KR
Jerseys	6 teams	250,000	1500,000	
Foot ball training cones	2 packs	100,000	200,000	
Foot ball training bibs	6 teams	80,000	480,000	
Soccer Balls	12	60,000	720,000	
Match boots	2 teams	550,000	1100,000	
First aid equipment			270,000	
One time Total			4270,000	11456
Tournament monthly costs				
Coach/Staff monthly salary	2	300,000	600,000	
Communication			300,000	
Drinking water			300,000	
Football fields rent ¹	2	200,000	400,000	
Monthly awards			200,000	
Monthly total			1800,000	5232

1) We pay for unlimited access to the fields and plan for training sessions once or twice per week plus game days every second weekend.

One Team, One Dream: Calling on Swedish Clubs and Companies to Empower Ugandan Women's Soccer

Energized by the collective contributions of 77 generous individuals, who raised an impressive 13,475 kronor on May 6th, and bolstered by the generous opening donation from DP Sports Management of 10,000 kronor, we are poised to launch our project in the fall of 2023. An initial budget of 23,475 kr stands ready to cover all essential start-up costs.

As we ready ourselves for this journey, we are reaching out to potential allies within our Swedish community. Yamba Hearts FC isn't just a football club for teenage girls in Mpigi; it's an ambitious venture that transcends boundaries, connecting hearts across continents.

We cordially invite Swedish companies and football clubs to become part of the Yamba Hearts family. With an annual membership fee of a 1000 kronor, your club or company can join us in creating a positive ripple of change.

Over the past centuries, women's soccer has blossomed in Sweden, creating a legacy of strength and resilience. Now, it's time to extend this powerful legacy to the heart of Africa, enabling Ugandan girls and women to chase their dreams on the soccer field, conquer their challenges, and paint a brighter future.

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To join us on this journey and become a member of the Yamba Hearts FC family, please reach out to us at contact@yambahearts.com

All income we receive will be spent on costs in Mpigi, the project is for non-profit and we will do our best to hold our administrative costs as close to zero as possible, we do not pay for salaries in Sweden and we do not pay for marketing. We depend on non-paid work for our operations in Sweden.