



2025 Annual Report

changemakers since 2013





Co-founder's Reflections



2025 was a landmark year for training4changeS! We founded this organization with the vision of helping children graduate from high school, and it is with immense joy that we were able to help our first group of kids reach that milestone in December 2025. Some of our graduates were with us on the very first day T4C launched; they defied the odds and refused to be counted among the 40% of children in South Africa who drop out of school before completing Grade 12. We believe education is the most important key to unlocking a brighter future. It has been inspiring to see our boys grow into mature changemakers. In 2025, we also experienced the incredible joy of serving more primary school girls than boys for the first time in the organization's history. Additionally, we had the privilege of launching an initiative specifically focused on serving children and young people with disabilities. I am grateful for the opportunity to continue leading our amazing staff and volunteers on this journey. We worked together tirelessly to support our changemakers, and we look forward to many more children following in the footsteps of graduates like Earl and Nakhane in the years ahead. We couldn't do any of this without our incredible support team across the globe. Thank you all very much for the important role you play! What a year this has been—celebrating the mountaintop experiences together and crying together through the growing pains. Change is a team sport, so let us keep pulling together as we move through 2026.

Soli Deo Gloria,

A handwritten signature in black ink, appearing to be "JSD".

Major Milestones Achieved in 2025

01

First Matriculants

After 12 years together, we're thrilled to help our first boys graduate from high school, and we look forward to many more following their lead.

02

Increased Volunteering

We had 15 volunteers providing our changemakers with academic support and other assistance.

03

Strategic Partnerships

We launched an official partnership with Dorothea Special School to begin serving children with special needs through healing-centered sport.



Why Do We Exist?

We equip people holistically through soccer to become changemakers in their communities and beyond. We design and provide meaningful development pathways for our changemakers. We create safe, inclusive spaces where changemakers can thrive. We multiply changemakers globally.

Our work is guided by the UN Sustainable Development Goals, with a particular focus on Goals 3, 4, 5, 8, 10, 16, and 17. Our work also contributes to South Africa's National Development Plan 2030 and the Stellenbosch Municipality Strategic Goals.



The t4c Way



**HEALING-CENTERED
SPORT**



**QUALITY
EDUCATION**



**LONG-TERM
MENTORSHIP**



Ethics Charter

Guided by these ethical principles,
at training4changeS we always strive to be:
ANTIRACIST | TRUSTWORTHY | RESPONSIBLE
RESPECTFUL | FAIR | CARING
CHANGEMAKERS | SAFEGUARDERS



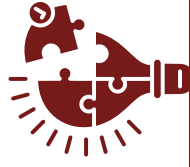
THEORY OF CHANGE

this is our journey with young people through education inside & outside the classroom towards holistic transformation



The **CHALLENGES**

facing young people in Stellenbosch stem from systemic injustice, including unhealthy lifestyles, substance abuse, low quality education, gender-based violence, high unemployment, limited growth opportunities, pervasive inequality, violence, gangsterism, and racism, causing continuous traumatic stress.



Innovative **SOLUTIONS**

to these challenges are developed by our team including our Board, Strategic Supporters, Financial Supporters, Operations Team, Coaches, Participants, and other Community Stakeholders who collaborate to provide long-term individualized support to the young people we serve.



Our **ACTIVITIES** provide quality education inside and outside the classroom to improve participants' overall well-being, encourage healthy lifestyles, champion gender equality, equip young people with skills for work, create jobs, bridge social divides, prevent violence, as well as pursue peace and justice.

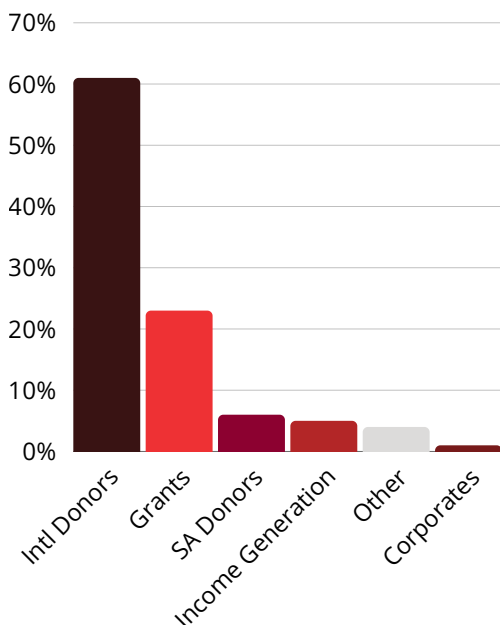


We **IMPACT** young people by helping them discover hope for the future, gain new life skills, pursue education and work opportunities, become positive antiracist role models, and grow holistically. They leave better prepared to lead fulfilling lives, and contribute to sustained change in their communities and beyond.

By The Numbers

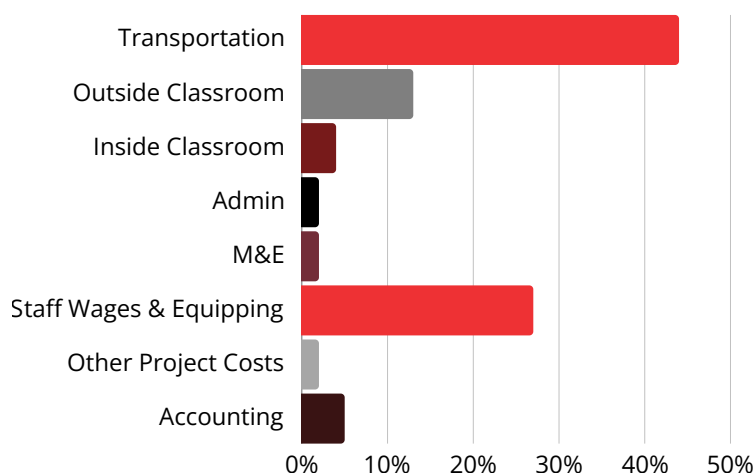
Project Income

\$199,095



Project Expenses

\$160,757



We served 86 girls and 109 boys on the field and in the classroom throughout the year. We also equipped over 35 coaches to use sport for social impact in their communities.



Our changemakers represent 8 different communities. We have learners in 15 different primary and high schools. We equipped coaches from 18 countries.



We had 4 boys' teams and 5 girls' teams. We facilitated our own league for the girls. Our boys took part in 5 different competitions. Our 1st team boys earned promotion to the Stellenbosch LFA's highest men's division.

Impact Overview



Our Key Targets for SDG3

- 3.3 Fight Communicable Diseases
- 3.4 Reduce Premature Mortality
- 3.4 Promote Mental Health
- 3.5 Prevent Substance Abuse

Data show that participation in organized sport is low across South Africa. Sedentary lifestyles are increasing, and stress, anxiety, and depression are on the rise among young people. The coaches of our nine soccer teams addressed these problems by providing regular physical activity, safe spaces for building supportive relationships, and improving overall health and well-being for our changemakers. *Courageous Care* provided trauma care to our changemakers who need it most, and the *Center for Healing and Justice Through Sport* helped equip our coaches to facilitate healing-centered sport.

Our Key Targets for SDG4

- 4.4 Provide Skills for Financial Success
- 4.5 End Discrimination in Education
- 4.6 Increase Literacy & Numeracy
- 4.7 Promote skills for Global Citizenship

We had an 82% attendance rate at our weekly academic support sessions, which focus on improving math skills and English literacy. Support from *EduLution* enabled us to implement stronger assessment tools and provide more targeted support for each changemaker. With foundational math knowledge declining across South Africa, we are committed to helping our primary school learners prepare for success in high school and beyond. We saw an 8% increase in overall results on our math assessments during the year. It is also exciting to see our changemakers developing their reading skills—76% are now reading at or above their grade level.



Impact Overview



Our Key Targets for SDG5

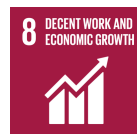
- 5.1 End Discrimination Against Women
- 5.2 End Gender-based Violence
- 5.4 Promote Shared Domestic Responsibility
- 5.5 Empower Female Leadership

This year, we served more primary school girls than boys. We created new jobs for women and provided the only developmental soccer coaching for girls in Stellenbosch. Our amazing team of female coaches fostered safe, inclusive learning environments for girls in five schools and reinforced the value of education inside and outside the classroom. Our Women's Day celebration theme was "Girls Who Play Sports Become Women Who Lead." Representatives from the *Stellenbosch Local Football Association* and *Stellenbosch FC* joined the event, giving our young girls the chance to connect with role models who have paved the way in local women's soccer.

Key Targets for SDG8

- 8.2 Innovate for Economic Productivity
- 8.3 Support Job Creation
- 8.6 Increase Youth Employment & Training
- 8.8 Promote Safe Working Environments

We created two new jobs this year. 60% of our staff are youth, and we welcomed 13 youth volunteers who gained valuable on-the-job experience working with our changemakers. The passion and energy our team brings drive our productivity. We continued our partnership with *Thrive on Challenge* to provide our coaches with personal and professional development opportunities. *We Guide Heroes* and other consultants provided important learning opportunities for our staff. With growing numbers of our changemakers approaching high school graduation, we renewed our focus on our Skills4Life curriculum, which prepares young people with tangible skills for work.



Impact Overview

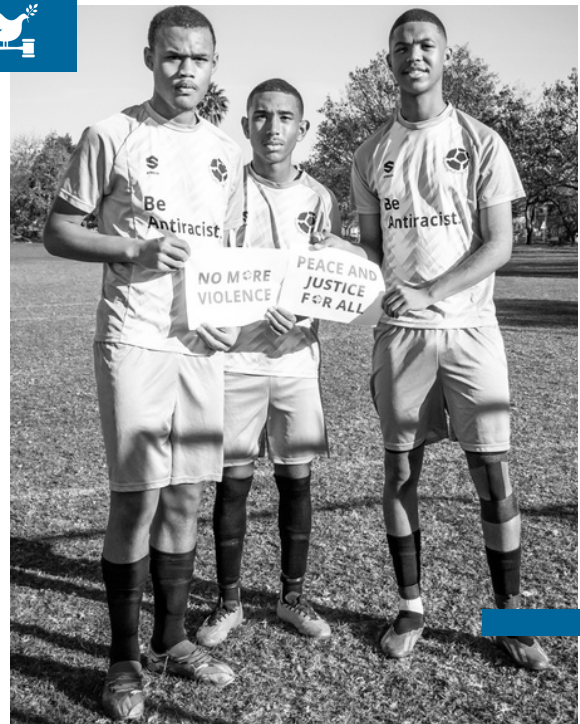


Our Key Targets for SDG10 10.2 Promote Social Inclusion 10.3 Help Create Equal Opportunities 10.3 End Discrimination 10.6 Amplify Marginalized Voices

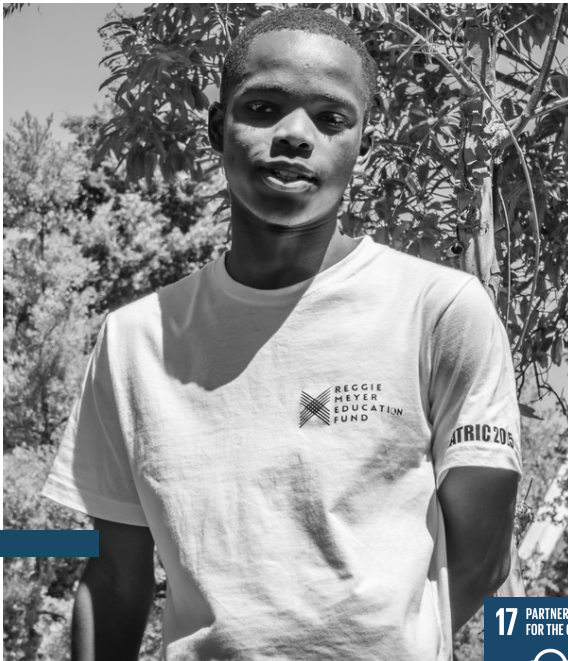
It has been a privilege for us to team up with *Dorothea Special School* to safeguard and empower children with special needs as we build a more inclusive community. Lorenzo mentored one of the school's older learners, who helped deliver weekly futsal sessions for children with Autism Spectrum Disorder (ASD) as well as children with Severe Intellectual Disability (SID). These fun-filled sessions help children build cognitive, sensory, motor, and emotional skills, as well as develop their social skills. Lorenzo also coached the Western Cape Down Syndrome futsal team at their national tournament.

Our Key Targets for SDG16 16.1 Reduce Violence 16.2 Protect Children 16.3 Pursue Justice for All 16.7 Ensure Inclusive Decision-Making

The communities we serve experienced a tragic rise in violent crime this year. Our changemakers stood up to raise awareness about the violence and injustice that surround them, and we strengthened the partnerships that enable us to provide robust care designed to help them recover from trauma so they can thrive. Our purposeful play curriculum helps children learn skills for peaceful conflict resolution. Our coaches completed the *FIFA Guardians* course to support their efforts to safeguard children, and we took part in the *Safe Sport 2025* conference, collaborating with stakeholders around the world to find shared solutions to making sport safe for all.



Impact Overview



Our Key Targets for SDG17
17.6 Enhance Knowledge Sharing & Cooperation
17.9 Enhance SDG Capacity in Developing Countries
17.G Enhance The Global Partnership for Sustainable Development
17.H Encourage Effective Partnerships

Support from the *Reggie Meyer Education Fund* was vital in helping our first-ever graduates matriculate from *Calling Academy High School*. In total, 8 of our changemakers received bursaries to the school. *Liga Paulista de Futsal* inspired our work with children with special needs. *Common Goal*, *FIFA Foundation*, *Laureus*, and others provided crucial financial support. Countless individuals stood in the gap to help us overcome some of the greatest challenges we've experienced since 2013. Change really is a team sport—we're so grateful for our many partners!

Key Partners





#morethansport
#changemakers



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