



JICA TANZANIA

~CELEBRATING ANNIVERSARIES OF 70 YEARS OF ODA~



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70th Anniversary of Japan's ODA!!

ODA



2024 is the 70th anniversary of Japan's first provision of technical cooperation after joining the Colombo Plan in 1954. Over the course of those 70 years, Japan's **ODA has played a significant role**. It has helped Japan has contributed to addressing a wide range of regional and global issues through ODA as a responsible member of the international community, and by doing so, **build peace and prosperity** for ourselves.



MOFA Japan
Website

TICAD 9

Cooperation with Africa through TICAD!!



MOFA Japan
Website

Tokyo International Conference on African Development (TICAD) is **an international conference** on African development held once every three years. It is led by the Japanese government and co-hosted by the United Nations, the United Nations Development Program (UNDP), the African Union Commission (AUC), and the World Bank. This open forum brings together a broad range of knowledge and efforts from the international society and holds debates which **truly lead to Africa's development**. In addition, TICAD has respect for **Africa's ownership** and promotes **international partnerships** as its guiding principles. **TICAD 9** will be held **in Yokohama, JAPAN in 2025**.

6th LADIES FIRST

Leadership, Achievement, Development, Your Turn

Date & Venue

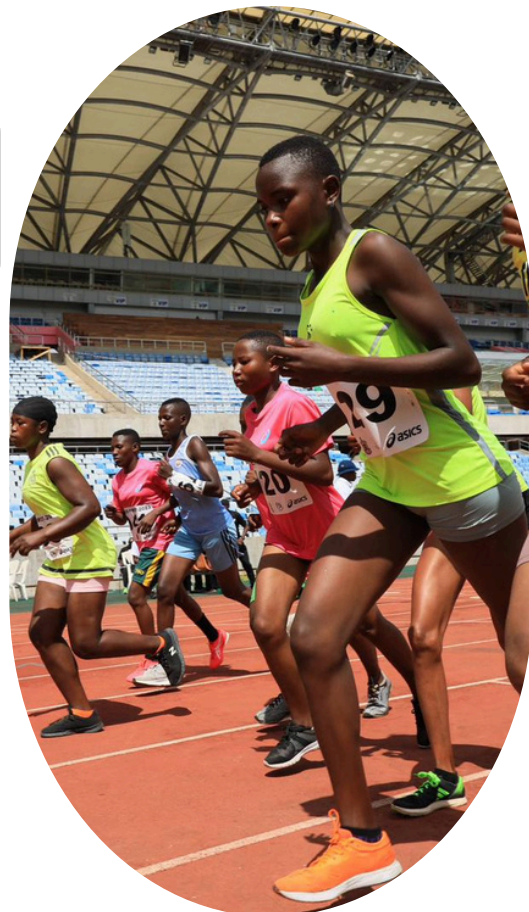
● 23rd (Sat) November, 2024 : 7am-4pm

● 24th (Sun) November, 2024 : 8:30am-2pm

Venue: Benjamin Mkapa Stadium, Dar es Salaam

What is “Ladies First”?

“Ladies First” is a women’s athletics event, which was initiated and inspired by the vision of Mr. Juma Ikangaa, a three times Olympian. The primary objective was to close the gap in women’s participation in sports by providing young women with opportunities to compete at a high level. Over the years, the event has evolved in scope and significance, becoming a key platform for promoting gender equality, women’s empowerment and promoting sports and dissemination of physical education in Tanzania. Each edition of the event has been instrumental in addressing the underrepresentation of women in sports, particularly in leadership positions and competitive athletics.



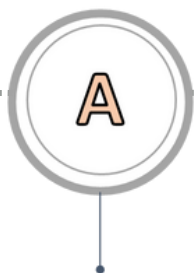
Concept of “Ladies First”

Leadership



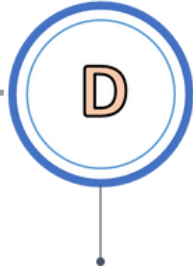
To provide opportunities for women athletes to become role models and demonstrate **leadership** in sports.

Achievement



To create a place where women athletes can showcase their **achievements** through competitions and be recognized for their efforts and talents.

Development



To promote the physical, mental, and social **development** of Tanzanian women and girls through sports.

Your Turn



To promote gender equality and women's empowerment in society and provide opportunities for women to take an action with the meaning of “Now, it is **your turn!**”.



Get more information!!

You can get basic information about Ladies First and related links here.

There's also a detailed schedule of 6th Ladies First!



Organized by



Main Event in Dar es Salaam

Competition Program

100m • 200m • 400m • 800m • 1,500m • 5,000m • 10,000m •
4x100m relay • Javelin

Side Events on 22nd Nov.

►Orientation for Athletes and Coaches (15:00-15:30)

►Menstruation Workshop for Athletes and Coaches (15:30-17:00)

This workshop provides a safe space for participants to learn about menstrual health and discuss best practices in managing menstrual hygiene for athletes and coaches.



Side Events on 23rd Nov.

►Jogging and Aerobics Activity (7:00-8:00)

This is an early morning jogging and aerobics event that also serves as the promotion Ladies First events as well as the joy of physical activities.

►Physical Activity for Everyone <JICA Volunteer>



Side Events on 23rd-24th Nov.

►Performance <Mwananyamala Art Group>

A lively show will be presented by an art group founded by clients of Mwananyamala Regional Referral Hospital, which has been providing medical and welfare services to drug addicts.

►Photo Exhibition/Art Exhibition <JICA> ALL DAY

At this booth, you can learn about the history of this event through lively photographs of past events.

►Health Checkup Booth <PATH/JICA> ALL DAY

Everyone is welcome to take height and weight measurements, calculate BMI, measure blood pressure to improve health, and consult with doctors with your checkup results here. There will also be a panel display where you can learn about calories and nutrition in your daily diet.



►GBV Prevention Booth <Mwananyamala Regional Referral Hospital>

Pre-Event in Zanzibar: Successfully Concluded!

The Pre event for Ladies First in Zanzibar, that was held on October 26, was a great success, welcoming about 50 athletes, 10 coaches and staff members, and about 70 audiences, as well as the presence of Executive Secretary of BTMZ (Zanzibar National Sports Council) and Commissioner of Ministry of Sports Zanzibar, Japanese Ambassador to Tanzania Mr. Misawa and Mr. Juma Ikangaa. The following side events were organized by GIZ, UN Women, and PATH in cooperation with JICA.



►Gender Based Violence Seminar <UN Women>

►Health Checkup Booth <PATH>

►Safeguarding in Sports Introductory Training <GIZ>

►S4D Coaching Capacity Building <GIZ>

Sponsored and collaborated by



History of Japan's ODA & TICAD

