

## Life skills training: New Horizons and New Visions Programmes

**1. New Horizons Project (USAID – MoE)**, is a multi-phase project which began in 1994, targeted girls and young women aged 9 – 20 in rural and urban settings, and was implemented in 21 governorates. Its goal was to broaden the life options and empower girls in this age group, in particular through communicating essential information in basic life skills and reproductive health, and to increase self-confidence in a generally traditional context.

The central strategy was the development of a non-formal education programme supported by strong community-based facilitation and promotion. The curriculum developed consists of two manuals for 102 hour-long sessions, generally completed in 6 – 9 months.

The Life-skills topics covered (Manual 1) include feminine identity, rights and responsibilities of men and women, nutrition, health, first aid, child development and rights, the environment and small business projects. The reproductive health component (Manual 2) includes the following topics: adolescence, marriage, pregnancy and childbirth, family planning, sexually transmitted infections, violence against women and health hazards.

**2. New Visions Programme** is similar to New Horizons, and also implemented by CEDPA in 2002, but geared to boys and young men aged 12 – 20 who have attended school.

The objectives of this programme include increasing gender sensitivity and reproductive health knowledge of young men, encouraging the development of life skills such as planning, communication and decision-making.

In fact the delivery of this programme was considered essential to help provide family and community support for girls participating in the rather culturally sensitive New Horizons programme, though smaller in scale. New Visions was implemented through 216 local NGOs and youth centres in 11 governorates, and reached 15,802 boys and young men.

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***For more information, please visit the following links:***

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USAID-Egypt: <http://egypt.usaid.gov/default.aspx>

The Centre for Development and Population Activities (CEDPA), *Impact Study of the New Horizons Program in Egypt* (2003)

<http://www.cedpa.org/content/general/detail/739/>

The Centre for Development and Population Activities (CEDPA), *Girls' Access to Education* (2005)

<http://www.cedpa.org/content/general/detail/708/>