

JANUARY, 2025



Ubah Inspire: Empowering Women and Transforming Lives Through Sports



PRESENTED BY:
Ubah Inspire
Management

About Ubah Inspire



The Ubah Inspire Initiative has been a catalyst for change since 2017, in Somaliland through Ubah Inspire and Fitness Centre, providing women and girls with a secure space to pursue sports, arts, and personal development. As a women-led organization, Ubah Inspire is dedicated to fostering confidence, resilience, and social transformation in a society where women's participation in sports and public spaces faces unique cultural challenges.

Breaking Barriers and Pioneering Inclusion

Ubah Inspire's journey has been one of resilience, vision, and a commitment to breaking down barriers that have long excluded women, especially those with disabilities, from full participation in sports. When it opened, the concept of a female-centered sports faced resistance from the community. Even neighbors were skeptical, questioning why such a space was needed. But Ubah's team, unwavering in their vision, believed that women deserve access to sports and self-expression without judgment or barriers.



Yet, the team behind Ubah Inspire remained unwavering in their vision: to create a space where girls and women—regardless of ability or background—could come together, express themselves freely, and access opportunities for physical and artistic expression. This vision was rooted in the belief that every woman, no matter her abilities or challenges, deserves the opportunity to engage in sports and arts without facing judgment, discrimination, or limitations.

The Ubah Inspire persistence has led to a local women’s football league, inspiring other regions to establish women’s sports teams and leagues of their own. Ubah’s influence reaches far beyond the field, challenging cultural norms and paving the way for more inclusive opportunities for women and girls.

The impact of this inclusive approach was profound, not only on the girls who participated but also on the wider community. Parents of girls often expressed gratitude that their daughters could now engage in activities that were once considered off-limits. This shift, however, was not easy. It took time to build trust within the community, educate people about the importance of inclusivity, and overcome the initial resistance.



At the heart of Ubah Inspire’s mission was a challenge to societal norms. In many communities, the idea of women and girls—including those with disabilities—engaging in physical sports was not always accepted. There was often a perception that such activities were better suited for men or that women were incapable of fully participating in such areas. Ubah Centre actively worked to dismantle these stereotypes, encouraging women of all backgrounds to break free from the limiting expectations placed upon them.

Capacity Building and Community Engagement

At its heart, Ubah Inspire is more than just a sports and arts hub—it's a platform for personal growth, professional development, and social connection. Through its diverse range of programs focuses on:

1

Capacity Building

Offering workshops and training sessions to equip women and girls with essential life skills, leadership capabilities, and professional expertise.

2

Community-Led Initiatives

Supporting youth-led and women-led groups with small grants to foster innovation, promote social cohesion, and tackle community challenges through arts and sports.

3

Advocacy and Awareness

Hosting dialogues, campaigns, and events that challenge cultural norms and advocate for women's rights, inclusion, and empowerment.





A SAFE SPACE FOR GROWTH, RESILIENCE, AND CONNECTION

For many young women, Ubah Inspire has become a “peace place,” a refuge from the stresses of daily life. It’s where they come to play sports, meet new friends, and find a supportive community. In the words of Nasteexo, a 19-year-old who joined Ubah’s football program, “I never believed girls played football, and joining Ubah has changed my life completely, mentally and physically. Ubah has become my peace place.” Her story is echoed by others who have found confidence, strength, and self-expression through Ubah’s programs.

INSPIRING SOCIAL TRANSFORMATION IN SOMALILAND

Under the guidance of its passionate and knowledgeable team, Ubah Inspire creates pathways for women and girls to connect with their potential and with each other. Ubah’s impact goes beyond personal development, building a stronger, more inclusive society where women can confidently step into public life and make a difference.

As the grows, its influence continues to expand across Somaliland, creating a ripple effect that encourages other organizations to support women in sports and arts. Ubah Inspire’s journey is proof that a single vision, backed by dedication and courage, can break down barriers and inspire an entire community.







A Call to Action: Help Us Empower More Girls


The impact of Ubah Inspire Initiative has been undeniable, but we know there is so much more work to do. There are still girls in our community waiting for someone to believe in them, for someone to give them the opportunity to shine.

This is where you come in. With your support, we can continue to provide life-changing opportunities for girls and young women. We can create more football teams, hold more life skills sessions, and ensure every girl knows her worth. Together, we can build a future where no girl is left behind, and every girl knows she can be a leader, a champion, and a force for change.

We invite you to be a part of this journey. Your support can help transform the lives of these girls, giving them the strength, confidence, and opportunities they deserve. Let's work together to empower the next generation of leaders, one girl at a time.

 <https://ubahinspire.org/>

 info@ubahinspire.org

 +252 63 4152605