



Annual report 2023

# MOVE FORWARD FOUNDATION



# ABOUT US

Looking back, 2023 was a year of growth and learnings for the Move Forward Foundation. Thanks to many grants and companies that believe in our work, we were able to get more financial support than any other year.

This year we launched a new project called Hidden Girls. Made for teenage girls that had to face physical and/or sexual abuse and currently live in safe houses.

The responsibility we have by working with this vulnerable target group is one we take very seriously. Stepping into the world of safe houses in The Netherlands and Mexico gave us some challenges and many learnings. We will be able to fine tune this program in 2024.

Thanks to 9 years of experience, our community projects and our work in the refugee camps went without obstacles this year. It feels rewarding when you create something that is well received by the young people we are doing this for.

I share with you the work we have done in 2023 with pride. We moved mountains, thanks to our incredible dance and sports coaches, staff and our board members.

The Move Forward Foundation organizes academy days, workshops, weekly classes, block parties, champions days and community projects that fit our target group.

Traumatized children are not always ready to talk about what has happened. Being physically active is a liberating form of trauma relief. We go deeper than just offering stand alone dance and sports activities. Partly because our projects are put together by experts of mental and physical health. We measure the impact by doing evaluation sessions with the target group, coaches, shelters, slums and refugee camps we are working in. We are always looking for ways to improve our projects.

In 2014 we started our first community project in Haiti using dance and basketball. In the years after we ran projects in Kenya, The Netherlands, Suriname and Mexico.

In 2024 we have exciting plans to carry out in The Netherlands, Suriname and Mexico.

**Nina Schmid**  
Founder / Director  
Move Forward Foundation



# FOUNDATION DETAILS

## DETAILS

**Name:** Move Forward  
Foundation

**RSIN (ANBI):** 853933753

**Chamber of commerce:**  
60490845

**IBAN:** NL43 INGB 0006 5235 63

## POSTAL ADDRESS

Move Forward Foundation  
Oderweg 1  
1043 AG Amsterdam  
The Netherlands

## CONTACT DETAILS

[info@moveforward.org](mailto:info@moveforward.org)

[www.moveforward.org](http://www.moveforward.org)

The purpose of the Move Forward Foundation, written in the by-laws, is to stimulate the physical and mental well-being and the personal and talent development of children and young adults with traumatic experiences who stay in shelters, asylum seekers centers, refugee camps, disadvantaged neighborhoods and conflict areas in The Netherlands and abroad.

The board members do not receive a salary for their work.

We do project-based employment with a large pool of freelancers and volunteers.

The Move Forward Foundation does not aim to make a profit.

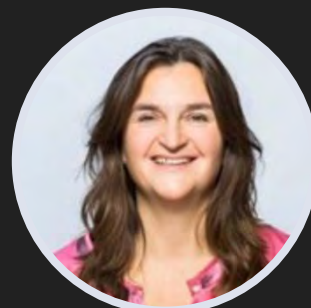
## BOARD MEMBERS



**CHAIRMAN:**  
**ERIK BOON**



**TREASURER:**  
**FEMKE WIJMA**



**SECRETARY:**  
**THERA ADAM - VAN  
STRAATEN**



# PROJECTS 2023

## THE NETHERLANDS

AZC  
Workshop  
Tour

Nike  
Backyard  
Program

Street Gym  
x Street  
Academy

Hidden  
Girls

## ABROAD

Move  
Forward  
Mexico



Move  
Forward  
Suriname



## OUR ACHIEVEMENTS THIS YEAR

97

dance and sports  
workshops in  
shelters and  
camps with child  
refugees

144

dance and sports  
classes in safe  
houses in The  
Netherlands

55

street gym  
training  
sessions and 10  
academy days in  
Amsterdam

174

dance and  
sports classes  
in 4 safe houses  
in Mexico City

1

community  
project in  
Suriname

We reached over **1900**  
children this year in the  
Netherlands and **120** children  
in Suriname and **63** in Mexico



# AZC WORKSHOP TOUR

Since 2014 we offer dance and sports workshops in the Dutch asylum seekers' centers. In 2023 we were able to give 97 dance and sports workshops in asylum seekers centers and emergency shelters. The most popular workshop that has been requested was boxing. Our dance and sports coaches received trauma-informed training sessions and TRE training from the Trauma Company.

We also organized a Block Party in AZC Ter Apel. This is the largest refugee camp within the Netherlands. Over 300 children, teenagers and young adults joined our dance, basketball, boxing and street gym workshops and showed each other what they have learned.





# **NIKE** BACKYARD PROGRAM

Since March 2023 we have worked in a shelter of the Salvation Army in Hilversum with almost 400 mothers and children from Ukraine. Nike has their European Headquarters right next to this shelter and asked our foundation to run their Nike Backyard Program. A weekly basketball and dance program including Backyard events with dance, basketball and a DJ. The purpose of this project is to offer Ukrainian child refugees a movement program to get them physically and emotionally healthier and happier.





# ***STREET GYM X*** ***STREET ACADEMY***

After a successful first edition during pandemic, we decided to start this project in September 2022 until September 2023.

Within this project we gave twice a week free training sessions to teenagers in Amsterdam South East and we opened our academy for talented young adults with the aspiration to become a coach. Everyone in the neighborhood could join this project for free. Our head coaches Sjoerd and Dina were leading the Street Gym and Sjoerd was leading our academy together with our academy coaches Lesley, Eyevan and Sheree.



## ***THE CLASSES OUR PARTICIPANTS RECEIVED IN THIS STREET ACADEMY:***

- Introductory class shelters by social worker
- Introductory class refugee camps by COA
- Street Gym classes from our head coach Sjoerd
- Dancing lessons of our academy coach
- Boxing lessons from our academy coaches
- Psychomotor therapy through basketball
- TRE (tension and release exercises) training
- Basic Courses Trauma, Stress and the Body from Trauma Company

## ***INTERNSHIP CLASSES:***

All academy participants did internships in different shelter locations in the Netherlands under the guidance of our academy coaches. In AZC Ter Apel, the largest reception location we received permission to photograph. These photos are not intended for social media but we were allowed to share them with all the sponsors and funds that supported this project. Feel free to request them by sending an email to [info@moveforward.org](mailto:info@moveforward.org)

**“ THE WHOLE CONCEPT OF THIS ACADEMY IS AWESOME! ALSO THE GUIDANCE BY SJOERD WAS GREAT!**

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**THE STREET GYM IS SOMETHING THAT INVOLVES A LOT OF DIFFERENT ACTIVITIES AND I LIKED IT BECAUSE IT WELCOMES EVERYONE THE WAY HE / SHE IS.**

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**I GAINED NEW INSIGHTS BY NOT ONLY PRACTICING MY OWN SPORT BUT ALSO THROUGH OTHER SPORTS AND DANCE.**

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**I FOUND THE TRAUMA TRAINING VERY ENGAGING BECAUSE I BETTER UNDERSTOOD WHY PEOPLE REACT TO CERTAIN SITUATIONS IN A CERTAIN WAY.**

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**THE KNOWLEDGE I HAVE FROM DANCE ACADEMY WAS DIFFERENT FROM THE KNOWLEDGE I GAINED DURING STREET ACADEMY. EVERYTHING I EXPERIENCED IN A NEW WAY**





# **HIDDEN GIRLS**

With this new project we want to support girls who have experienced sexual and/or domestic violence. We do this by offering a movement program using dance and sports to alleviate trauma.

Our coaches are trained and assisted by specialists from the Trauma Company. As a result, the exercises are adapted to have the desired impact on a physical level. Our coaches attend training in trauma-sensitive support to be able to teach trauma-sensitive lessons.

In 2023 we ran this project in 8 shelters in Rotterdam and by the end of the year we started also in 2 safe houses in Utrecht. Our biggest challenge is to motivate the girls to join our weekly dance, basketball, boxing and workout classes. We try many different ways to get them on board. Our prediction is that over time when they trust our coaches more and more, it will get easier to get more Hidden Girls engaged.





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**AT FIRST THESE GIRLS ARE A LOT MORE INSECURE THAN OTHER GIRLS FROM THEIR AGE. THEY DON'T MAKE MUCH EYE CONTACT. DARE LITTLE. LITTLE CONFIDENCE IN THEMSELVES AND OTHERS. YOU WON'T GET A REACTION WHEN YOU SHOW INTEREST. BUT AFTER A COUPLE OF MONTHS FOLLOW OUR PROGRAM THEY FEEL CONFIDENT NOW. YOU CAN SEE THEIR PERSONALITIES COMING THROUGH IN THE CLASSES. THEY HAVE BECOME MORE POWERFUL. THEY LOOK AT ME AND TELL ME PERSONAL THINGS. THEY ARE LOOSENING UP FASTER AND FASTER EACH CLASS.**

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**I FEEL STRONGER. THE BOXING CLASSES GIVE ME A NICE FEELING, I GET ENERGY FROM THIS**

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**USUALLY OLDER VOLUNTEERS COME HERE WHEN WE HAVE ACTIVITIES. I DIDN'T THINK I WOULD GET SOMEONE THAT I HAVE SUCH A CONNECTION WITH AND UNDERSTANDS ME,**

**I REALLY LOOK FORWARD TO THE DANCE CLASSES EVERY WEEK**

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**MANY OF OUR RESIDENTS ARE FAMILIAR WITH PHYSICAL AGGRESSION, BUT HAVE DIFFICULTY GETTING TO THEIR OWN EMOTION. KICKBOXING LETS THEM GET CLOSE TO THEIR EMOTIONS IN A SAFE ENVIRONMENT**

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**THE FEEDBACK WE GET IN THIS SHELTER IS VERY POSITIVE. THEY ARE GETTING STRONGER AND MORE CONFIDENT. THEY ALSO DARE MORE. EVERYONE LOOKS FORWARD TO MONDAYS AND BOXING. MORE AND MORE CLIENTS WANT TO PARTICIPATE. THEIR SELF-ESTEEM IS VISIBLY IMPROVED. THEY CAN ALSO GET RID OF THEIR STRESS AND FRUSTRATIONS**

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# **MOVE FORWARD**

## **MEXICO**

Our goal of project Move Forward Mexico was to provide an unique training program with dance and sports to support the process of trauma relief. Aimed at Mexican girls and women who have experienced violence. With some necessary changes a long the way, we can say that we have achieved this goal. The initial plan was to create a one-year exercise program within a community that was experiencing a lot of violence. In addition, we wanted to create a three-month program specifically for the women's shelter in Mexico City.

We began October 1, 2022 to implement the three month program in the following women's shelters in Mexico City. After this three-month program in the shelters, in 2023 we decided not to start a new program in another community but to stay in the shelters.

In 2023, we added three new shelters who communicate well, are transparent and like to collaborate and develop the project together.

The exercises in our weekly dance and sports training have a trauma relieving effect. Our dance and sports coaches have attended several training days on trauma, among others from Anne van den Ouwelant of Trauma

International / Trauma Company. Our Mexican trauma specialists have also given several training days to the team. The knowledge exchange between the trauma specialist from the Netherlands and the specialists from Mexico proved to be valuable and through our group app several articles on trauma were shared back and forth with our team.

This project ended in 2023. We will not leave our Mexican coaches and the girls and women in the shelters behind. So we decided to continue in the shelters under the project name Hidden Girls and take all the lessons we learned from the project Move Forward Mexico.



**WE REACHED 63 GIRLS FROM  
FOUR DIFFERENT SHELTERS**

**“ IT’S A GOOD EXPERIENCE FOR THESE GIRLS. THEY ALL LIVE IN DIFFERENT HOUSES ON THE PROPERTY AND BEFORE, THEY WERE MORE DIVIDED AND THERE WERE CONFLICTS. NOW THEY TALK TO EACH OTHER, LAUGH MORE, MAKE JOKES AND HAVE A LOT OF FUN**

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**WE BELIEVE THAT PRACTICING BOXING FOR OUR TEENAGE GIRLS GIVES THEM THE OPPORTUNITY TO REGAIN THEIR STRENGTH, TO REDEFINE THEIR BODIES, TO CREATE A CONNECTION WITH THE BODY AND THE STRENGTH THEY CAN HAVE IN ANY CHALLENGING CIRCUMSTANCES, TO KNOW THE SCOPE OF WHAT THEY CAN ACHIEVE UNDER CAREFUL AND GUIDED DISCIPLINE, WHICH HELPS THEM RELEASE TENSION AND STRESS**

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**THE DANCE CLASS IS FUN, IT HELPS ME IMPROVE MY BRAIN. IT HELPS ME GET RID OF BAD THINGS. I LEARN THINGS FROM THE TEACHER AND I GET RID OF THE THOUGHT ‘I CAN’T DO IT**

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**AT FIRST I DIDN’T WANT TO JOIN, BUT SINCE I STARTED TAKING THE FITNESS CLASSES I FEEL LESS ANGRY AND CALMER IN MY HEAD AND MY BODY**

**”**



# **MOVE FORWARD**

# **SURINAME**

After successful community projects in 2017 and 2018 we were able to return for a short come back last summer. Thanks to donations through the Global Giving Platform and our connections with Wings of Support we were able to return.

We support children from the slum Sunny Point and from the neighborhood Latour within this project. In Sunny Point there are no facilities to do sports so we arrange busses to bring the children to Latour. Stibula is the community centre that has opened their doors for the children of Sunny Point. A spacious centre with a basketball field and a dance space.

Our budget was small so we decided to work with all the local coaches that joined our project in 2017 and 2018 that were already in Suriname.

Many children were excited to join our dance, basketball and rap program we have organized for them. It was a short project which gave us fuel to intend to do more for these children in 2024.

Through our local partners Stibula and Kansrijk Suriname we try to set something up for the long term.





# **WALL OF SUPPORT**

## **2023**

**LIDY BRAAKSMA FONDS**

**VSB FONDS**

**NIKE B.V.**

**NIKE COMMUNITY IMPACT FUND**

**STICHTING ZONNIGE JEUGD**

**STICHTING BOSCHUYSEN**

**STICHTING WEESHUIS DER DOOPSGEZINDEN**

**NOABER FOUNDATION**

**FRED FOUNDATION**

**BLOOMPOST**

**DUTCH FLOWER FOUNDATION**

**KLM WINGS OF SUPPORT**

**STICHTING KINDERPOSTZEGELS**

**STICHTING STEUNFONDS B.J.A.-C.O.W.**

**FONDS VOOR CULTUURPARTICIPATIE**

**FONDS DBL**

**FIESTA FOUNDATION**

**MUNDO CRASTINO MELIORI**

**MINISTERIE VAN BUITENLANDSE ZAKEN**

**AMSTERDAMS FONDS VOOR DE KUNST**

**STICHTING LIFE GOALS**

**DR. C.J. VAILLANT FONDS**

**STICHTING HET R.C. MAAGDENHUIS**

**STICHTING MARIE-LOUISE**

**STICHTING DOCO CHARITAS**

**P.W JANSSEN FRIESCHE STICHTING**

**FUNDATIE VAN DEN SANTHEUVEL, SOBBE  
VERTOM**

**PRO JUVENTUTE**

**STICHTING DE LICHTBOEI**

**THANK YOU ALL FOR YOUR  
GENEROUS SUPPORT  
ON BEHALF OF THE  
PARTICIPATING CHILDREN,  
THE COACHES, THE STAFF  
AND OUR BOARD!**



**IF YOU LIKE TO READ OUR ANNUAL REPORT FROM THE  
YEARS BEFORE, FEEL FREE TO SEND US AN EMAIL:**

**[INFO@MOVEFORWARD.ORG](mailto:info@moveforward.org)**



[@moveforward\\_org](https://www.instagram.com/moveforward_org)



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[www.moveforward.org](http://www.moveforward.org)