



# EVALUATION OF THE CONTRIBUTION OF PORT MORESBY'S ACTIVE CITY DEVELOPMENT PROGRAMME TO CITIZEN WELLBEING AND EMPOWERMENT

FINAL REPORT

December 2020



*Walk and Yoga for Life on International Women's Day with Ms. Amina J. Mohammed, Deputy Secretary-General of the United Nations.  
March 2020*

# ACKNOWLEDGEMENTS

The evaluation of the Active City Development Programme (ACDP) in Port Moresby, Papua New Guinea has seen the engagement of over 450 city residents, stakeholders and the ACDP participants gauging their views on the effects and impacts of the programme implemented in the city. ACDP participants who participated in the survey included community and youth leaders, Programme Managers and Government Officials, who have actively taken part in programmes initiated by ACDP. We would like to convey our appreciation to all the participants who took part in the review of the ACDP in the city. We thank the National Capital District Commission (NCDC) for the trust bestowed upon us to undertake this evaluation. Furthermore, we would like to acknowledge the efforts of the local evaluation team. A huge thank you to Pierre Dobunaba for his contribution to the general oversight and coordination of fieldwork as well as for his help in understanding the context. Thanks also to our committed team of enumerators who played such a crucial role in collecting and entering data in a timely manner. We would like to acknowledge the following people: Rose Tokom, Stephanie Tokom, Henry Mekere, Dennis Kia, Jomeda Yoni, Henry Mark Gorea and Brian Kepi. The evaluation team further extends its gratitude to all the community leaders who facilitated the interviews with ACDP participants. Additionally, we are deeply grateful to all ACDP staff and volunteers for their support in making this evaluation programme a success. Finally, a special thank you to ACDP Founder and Trainer, Ms Fazilah Bazari and Programme managers for helping the international evaluation team to have access to all the necessary information to complete this review.

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## LIST OF ACRONYMS

ACDP	Active City Development Programme
NCDC	National Capital District Commission
PNG	Papua New Guinea
POM	Port Moresby
TAC	Taurama Aquatic Center
ToC	Theory of Change
Yu Yet	Yoga Unites Youth Empowerment and Transformation
WYFL	Walk and Yoga for Life

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# ABOUT THE ACDP

## BACKGROUND

With an estimated half a million inhabitants, Port Moresby is the largest, most culturally diverse and fastest-growing city in Papua New Guinea (PNG) and the Pacific, and it is expected to continue growing. Urbanization in PNG is ongoing, and it is mostly fuelled by internal migration, including forced migration through internal displacement, caused by tribal conflict, evictions and natural hazards (IDCM 2014). Land and housing in Port Moresby are scarce. As a result, those who migrate to the city end up in informal settlements, located on either public or customary land (UN Habitat, 2010) and at the periphery of the city. Through continuing migration, the proportion of informal dwellers has grown quickly, so that by 2010 some 45% of Port Moresby's inhabitants lived in informal settlements. These communities are characterised by high levels of poverty, violence, tenure insecurity and a lack of basic services and infrastructure, such as access to electricity, water, improved health and sanitation and waste collection (UN Habitat, 2012).

Like many large cities, Port Moresby also faces significant health challenges. In recent years there has been a rise in non-communicable diseases such as heart disease (including ischaemic heart disease), diabetes, strokes and chronic obstructive pulmonary disease and obesity (WHO 2016, IHME 2017). All these health conditions are directly or indirectly related to a widespread lack of physical exercise and poor diet, underpinned by sedentary lifestyles. Many residents also lack access to fitness facilities, while public spaces can be unsafe for citizens (Pus, 2016).



Picture 1. ACDP Kickboxing

# THE ACTIVE CITY DEVELOPMENT PROGRAMME (ACDP)

Facing this situation in the City, the challenge for policy makers to improve the health, wellbeing, peacefulness and safety of all city residents is significant.

The Active City Development Programme (ACDP) is one such programme taking on this challenge. Using non-competitive sport activities and physical movement, ACDP was designed specifically to introduce health and wellbeing programs to encourage healthier lifestyles, promote behaviour change amongst children, adolescents and young people, empowering Port Moresby's residents to be able to live healthier lives, be more self-respecting, carry out responsible decisions and to deal effectively with change and challenges in their families and communities and ultimately making them better citizens of the city and country.

## ACDP's history

The ACDP was formalised as a programme by the National Capital District Commission (NCDC) in 2015/16. The Programme emerged in its current form through a process of organic evolution and is unique in its approach within PNG.

The programme was adopted as part of other municipal programmes to tackle unemployment and other issues related to urban migration and displaced youth and communities. These include the Urban Youth Employment Programme (UYEP), Technical and Vocational Education Training scholarships (TVET), the Safe City for Women and Girls' Programme and the Urban Development Plan, including settlements to Suburb upgrading.<sup>1</sup>

The founder of the program, Ms. Fazilah Bazari, was initially invited to PNG to address the growing youth problems in the city and she introduced the Youth Own Great Awakening (YOGA) – We The Change in 2012 as part of a corporate social responsibility programme of a local pharmaceutical company, City Pharmacy Limited (CPL) to create opportunity for physical and social engagement of unemployed youth. From there the Yoga Unites Youth Empowerment and Transformation (Yu Yet) programme was birthed and it began to grow and to attract the involvement of youths throughout the city with the aim of bringing behaviour change, health and well-being to underprivileged, at risk and marginalised youth. The programme created an opportunity for physical and social engagement to bring people together, especially young people to impart health and well-being exercises, teaching them mindfulness and introduce them a new modality of change that is fully engaging, participatory, value driven, healing and where they could immediately experience a positive feeling. Different from other programmes where the result of their participation can only be felt after a certain period of time, the Programme immediately made youth feel happy, calm and hopeful throughout their bodies, mind and emotions.

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<sup>1</sup> For further information refer to World Bank (2018), Van Hemelrijck & Holland (2019), Storey (2011) and NCDC & Atlas Urban (2019a).

The Governor of the Nation's Capital City Hon Powes Parkop, took note and was impressed by the impact of the Youth Empowerment programme on young people's lives. He decided to give this new approach a chance, providing some municipal funding. The programme's popularity widened amongst citizens of all ages and backgrounds. In 2014, the Walk For Life programme was added to the mix, and these quickly became a central focus for the evolving programme. It was subsequently recognised globally by the International Olympic Committee for its contribution to urban wellbeing.



*Picture 2. Youth displaying his circus skills*

## ACDP's paradigm of working

From its birth as a youth empowerment movement, ACDP has maintained a clear and very distinct paradigm of working. The programme brings values and key pillars to teach change, empowering and transforming lives through the power of physical movements such as yoga, dance, acrobatics, kickboxing and other non-competitive sports that require daily discipline and practice. Beyond its focus on health and wellbeing and respect for oneself and others, the programme teaches through movements and body engagement through the ACDP values, which are based on the concepts practiced in yoga of *yama* and *niyama*<sup>2</sup>:

- Concerning the 'self': cleanliness, discipline, contentment, self-study and self-reflection.
- Concerning others: non-violence, non-stealing, truthfulness, non-coveting and moderation.

These values are reflected and practiced in all the activities leading participants to have more understanding on why it is important to first practice those values on themselves and then to be

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<sup>2</sup> For further reference, check <https://en.wikipedia.org/wiki/Yamas>

responsible to practice on others. The programme teaches participants that behaviours are transferable and replicable in other situations, and that they always and anywhere have a choice in how they behave.

ACDP works on distinct pillars that aim to foster habit creation, muscle memory and routine. They involve “5 R’s”: Regularity, Repetition, Reinforcement, Reassessment and Regurgitation. Participants are told to regularly practice and train. They also repeat the activity to gain mastery of the trained skill and create muscle memory, all based on the values that are being imparted. The regularity and repetition help the body to go beyond the mind and create habits that start becoming automatic, similar to brushing the teeth twice a day or when learning to ride a bicycle. This also teaches focus and develops a longer attention span in their chosen activity while developing discipline and concentration. Classes are also conducted in the same place, at the same time. ACDP values and principles are reinforced during these regular trainings and participants’ development and actions are constantly assessed and reassessed so feedback can be given. The activities are regurgitated so the focus is set on how a practice feels, and which results it has, rather than questioning beforehand if it is good or not. The results lie in practice and total engagement. The gratification makes participants want to continue engaging in actions so results can be felt, and change can be experienced. The focus is put on practice (taking action) rather than theory or analysis. This is part of the behaviour change strategy and intervention of the ACDP.

Significantly, the programme targets Port Moresby’s citizens’ natural capacity for physical expression and uses those activities to impart life skills and reinforce the ACDP values such as respect, being responsible, being punctual, being non-violent and others. All activities are inclusive to all genders, tribes, colours and backgrounds. They are offered free of charge. ACDP intervention have a strong focus on movement therapy that aligns the body and mind, empowering citizens to foster self-reflection skills for emotional management and resilience. By unifying body and mind, the programme utilises the strength of its participants. Most participants of ACDP are school dropouts or undereducated and their intellectual capacities vary. However, they are physically able, and their strength is in their capacity to engage themselves physically and feeling the result of their action. When they feel, they act. If they feel good, they want to do more of it. The longer-term aim of ACDP is to encourage wider changes in attitude and behaviour and to create and maintain healthy respectful relationships amongst families and communities.

This development paradigm is very different to traditional development programmes that deliver top-down development through formal pedagogic mechanisms such as workshop-based training modules. ACDP is a bottom-up programme that works through the individual as an agent of change. When an individual changes, that change is intended to eventually impact on their families and communities.

A detailed Programme Theory of Change is included in Annex A. It shows how the ACDP, with its focus on individual attitude and behaviour change, feeds into a longer-term transformation of the city.

## ACDP's components and outreach

The ACDP has incorporated a wide range of complementary activities targeting citizens of all ages and fitness levels to become active both inside and outside of their communities. These are summarised in Table 1 below.

One programme component is the weekly **Walk and Yoga For life** (WYFL). WYFL engages citizens of Port Moresby on a walk through the city on Sunday mornings usually in collaboration with other organisations. It is a platform that has been used to celebrate UN-promoted World Days, such as the World Environment Day, the International Human Rights Day, End Violence Day, TB, World Aids Day, International Days of Youth and children and many more.

Another ACDP component targets the youth population, especially those experiencing marginalisation, discrimination and those who are at greater risk of harm including those who are out of school, to participate in the **Youth Empowerment and Transformation Programme** (Yu Yet), which happens at the city level in community centres<sup>3</sup> and also at various settlement communities. It is composed of various activities, such as yoga, brass-band, kickboxing, acrobatics, drama, dance, circus, martial arts and self-defence, which happen three times a week.

ACDP uses activities from the Yu Yet programme and choreograph them into performances that can be shared to the public based on a story or using music that is trending to further engage more youth who are not at school or at work and encourage them to join the program. This gives an opportunity for the participants to perform in their own communities, in public spaces or even at the markets. These performances are called the **'People Positive Project'**. Youth are given a platform to showcase themselves which is intended to build their confidence and public speaking skills, while at the same time bringing entertainment to people. This creates a feeling of safety in public places and attracts more people to places where they don't usually feel safe to go.

For participants of ACDP who show regularity and discipline and who have been attending the programme for more than a year, ACDP provides youth with an opportunity to advance their practice and involvement by becoming peer educators and yoga teachers. A structured training programme is offered to those interested to undergoing the Yu Yet **Youth of Change** Teacher Training Programme for youth to be certified to become yoga teachers and peer educators providing them with an income earning opportunity to lead their own programmes or begin their own initiatives.

This comprehensive training teaches youth about the body anatomy and physiology, yoga philosophy, social and emotional intelligence, how to create lesson plans, how to deliver teaching and programmes safely, and also how to avoid problems when in public places and how to approach their peers and students in respectful ways. Trainings on gender-based violence, gender equality, public health messages on prevention and taking action on common diseases, public speaking or teaching in front of big audiences are practiced during the 200 hours contact time, using the ACDP values as themes for their classes.

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<sup>3</sup> At the time this evaluation was conducted most trainings were done at the Taurama Aquatic Center.

Successful candidates are awarded with a certificate of teaching. Those who do not succeed receive a certificate of participation. The teaching certification can then be used by the youth to offer Yoga classes in and around the city gyms, hotels health clubs or even for private classes or back in the communities where they come from. This training teaches youth to create the new norm in their lives as opposed to their previous experiences of either being marginalised, survivors or perpetrators of violence or even suffering from substance abuse and addictions. It also reinforces the ACDP's values and gives an opportunity for youth to act out their change through teaching and becoming leaders and agents of change. Youth move from being the change, to leading the change and bringing the values they learnt back into the communities.

Besides offering a central space for youth to come to take part in Yu Yet, activities are also held in various other locations within the city: **schools, prison, community settlements**, public places and wherever there is an opportunity to carry out ACDP activities. The ACDP for example teaches yoga in selected schools as part of the health and wellbeing education programme using the same values and activities as the Yu Yet program. Classes are taught by the youth who have undergone the Yu Yet Youth of Change Teacher Training Program. The values are taught, and students are encouraged to take part in all city programmes and activities. A similar programme also takes place with inmates of the city's Bomana prison (juveniles and females). Unlike other ACDP participants, attendants of Yoga in Schools and Bomana prison take part in activities which are planned within their weekly schedules. These participants are thus targeted on-site.

ACDP also works in collaboration with other NGO's including UN Agencies, with the various divisions of NCDC including sports, social services, gender and other NGO's in the youth empowerment space, Health Foundations and public and provincial health services, education department, correctional services, police, churches, community groups and women's groups.

All ACDP programmes carry positive messaging with physical activities, underpinning community level participation, countering misperceptions that school dropouts or unemployed youth are useless and dangerous and that they are a liability to their families and to the city. The programme aligns young men and women to work together in a space of respect and support each other to stay safe and healthy physically, mentally and emotionally. ACDP offers a platform and gives an opportunity for young people to help other young people, practice and learn together, act positive behaviours based on ACDP values, support each other and a platform for them to ask and give guidance to be role models and inspire their peers.

**Table 1. ACDP components**

Activity	Description	Target group	Level	Frequency	Participants per event avg.
Walk and Yoga for Life (WYFL)	Sunday walks and yoga	POM citizens	City-wide	Weekly	1000
Youth Empowerment & Transformation (Yu Yet)	Non-competitive sports for youth: kick-boxing, acrobatics, circus, drama, self-defence for girls.	Marginalised Youth	City-wide	3x a week	25-80
People Positive Project	Youth perform in no-go zones	Marginalised Youth	City-wide	Weekly	50
Youth of Change	Yoga Teacher Training	Marginalised Youth	City-wide	Yearly until 2018	20-60
Bomana Prison Yoga Project	Yoga classes for prisoners (juveniles and female)	Prisoners	Prison	Weekly	15-60
Yoga in schools	Yoga for school students	Pupils	Schools	Weekly in 2 schools.	45-60
Community Yoga Class	Yoga classes in local communities	POM citizens	Community	Weekly (Saturday)	25-100
Community classes in communities and suburbs	Yoga, Acrobatics, Dance and Kickboxing taught by trained youth	POM citizens	Community	Weekly in various suburbs	20
Community Walk for Life in suburbs	Walking and yoga activities at community level	POM citizens	Community	Weekly	50

Source: Compiled from ACDP administrative data and programme management input

The geographic coverage of the Programme has grown substantially since 2015, with outreach to settlement (semi-urban) areas across the city. A complete list of settlements targeted through the ACDP programme is provided in Box 1.<sup>5</sup>

<sup>4</sup> ACDP's monitoring efforts yield information on the average number of participants per event/session. A total number of participants reached cannot be determined because the Programme has grown organically and in the beginning, the focus was put on the content rather than on monitoring participation. Moreover, a risk to double count participants exists as a considerable number of people participate in several ACDP activities, while at the same time not all participants attend regularly. Table 1 thus presents an average estimate for each activity that takes place at least once a week, and, in the case of Community activities, takes place every week in several communities of the city.

<sup>5</sup> Mentorship and knowledge transfer of the Programme was also provided for replication in other regions of Papua New Guinea, notably Kimbe, Goroka and Mt Hagen.

**Box 1. Localities and communities reached by ACDP**

- 2 Mile (Kerry Community)
- 3 Mile
- 5 Mile (Ridge Community, Hilltop, Jack Pidik Park)
- 6 Mile (Saraga Community, Dogura/Manuti, DCAcompound)
- 8 Mile (Glory Garden)
- 9 Mile (Kukipi Kerema, Ridge, McGregor Barracks)
- ATS Community (Samarai Block)
- Badili
- Boroko
- Bushwara
- Caritas
- Dogura Manuti
- Erima/Wildlife
- Gabi settlement
- Gerehu (Redhills, Tete Settlement, Nautana)
- Hohola 1
- Hohola 6
- Kaugere
- Kila Barracks
- Koki-Wanigela
- Kone
- Korobosea
- Koura Way
- June Valley
- Loreto (Street Kids Ministry)
- Morata (K Club, Street Kids Ministry)
- Moersby South (Ela Beach)
- Rabiagini
- Sabama (Joyce Bay Community)
- Tokara

Source: ACDP administrative data



Picture 3. 'Amazing Port Moresby' 44<sup>th</sup> Independence Unity Walk

# THE ACDP EVALUATION: OBJECTIVE AND METHODOLOGY

This evaluation was commissioned by the NCDC to review ACDP's achievements to date and to explore its potential to continue to implement Programme activities and contribute to behavioural change of people in the future. This review covers Programme activities funded and implemented from 2015, the year of its inception through to 2019.

The evaluation utilized a participatory impact assessment and learning approach to understand and evaluate the Programme's contribution to change. The tools used included: SenseMaker, an innovative mass storytelling survey was used to collect qualitative and quantitative data from over 420 Programme beneficiaries, providing insights into what had changed in their lives. Exploratory data analysis and descriptive statistics were used to process quantitative data collected using the SenseMaker tool.

These insights were aggregated and cross-checked against the feedback of a range of Programme stakeholders, such as public officials, community leaders and key informants with a keen interest to see change in the city. Combining these different methods, it allowed the evaluation team to develop a complete picture that took into consideration the viewpoints of city residents, particularly those at whom the Programme was targeted. In the final step, findings were analysed and discussed with Programme stakeholders during a participatory sense-making event in Port Moresby.

For a detailed outline of the methodology used, refer to Annex B.



Picture 4. Sensemaking workshop - December 2019



# EVALUATION FINDINGS

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Provided below is a detailed description and analysis of the impact of ACDP during the period 2015-2019. The following evaluation questions were used

- A. Has the Programme reached its target population?
- B. How have participants engaged in the Programme?
- C. How do participants feel about their experience with ACDP?
- D. Have participants improved their health and wellbeing?
- E. Has ACDP changed behaviour amongst participants, their families and their communities?
- F. How did the Programme impact the health, peacefulness and safety of Port Moresby?



*Picture 5. Youth Empowerment and Transformation session at Taurama Aquatic Center*

## A. Has the Programme reached its target population?

In this sub-section, we considered whether ACDP has reached its main target audience - the residents of Port Moresby, particularly low-income earners living in settlements. The Programme is one of only a handful of initiatives that directly reaches marginalised communities especially those in the settlements. Programme managers believe that the presence of a formal programme within these communities increases its empowering impact. They also aim to make settlement residents more visible to the outside world and help to give them a voice and contribute as citizens of Port Moresby.

### ✓ THE ACDP SUCCESSFULLY REACHED PORT MORESBY'S MARGINALISED CITIZENS.

This evaluation concluded that ACDP successfully reached its target audiences. The programme engaged people living in settlements giving them visibility and an opportunity to improve their way of life, individually and as a community.

Due to the diversity of activities, ACDP was able to reach different age groups. The Programme successfully reached people of all ages - older people, middle-aged, youth and children -through its Walk and Yoga for Life programme and other community activities. Meanwhile, youth participating in special Programme activities such as Youth Empowerment and Transformation and Youth of Change have become real change-makers in their communities (see discussion below).

Although the Programme targets the city's low-income earners residing in settlements, ACDP also created public spaces for the participation of all inhabitants of Port Moresby, regardless of their socioeconomic status. Social inequality and social disparity between settlement communities and middle-class residents appeared to influence activities that targeted the integration of these groups. The ACDP activities, such as Walk and Yoga for Life, attempt to break down these barriers. But while Walk and Yoga for Life purposefully drew large crowds from the settlements, middle-class citizens reportedly perceived Walk and Yoga for Life activities as 'not for them'. The timing of the walk and often rowdy youth from the settlement communities also served as a deterrent for the middle-class people to join the walks. Middle-class residents were more attracted to other public events in which they felt safer to them (e.g., at Jack Pidik Park).



Picture 6. Walk and Yoga for Life

## B. How have participants engaged in the Programme?

In this sub-section we review the nature of people's engagement with ACDP, asking how frequently they participated, how long they sustained their commitment to the Programme and what forms of activities they participated in. The Programme aimed to build and sustain continuous engagement amongst participants involved in different activities in order to maximise its impact on behaviour change.

### ✓ AS SOON AS THEY STARTED TAKING PART IN ACDP ACTIVITIES, MOST PARTICIPANTS REMAINED IN THE ACDP, PARTICIPATING REGULARLY AND FREQUENTLY.

The evaluation found that ACDP participants engaged with the Programme regularly, frequently and over a long time period. The vast majority of survey respondents (84%) reported participating in ACDP activities once a week or more. Furthermore, a majority of respondents had been participating for a long time. Over one-third (68%) of respondents (excluding schools and prisons) had participated for a year or longer, and almost one-third (31%) for more than 3 years. Amongst targeted 'on-site' participants from Bomana prison and Yoga in schools, Bomana prisoners (particularly juveniles) were mostly detained only for a limited period of time, while most school students had only participated in ACDP as part of their school curricula in the current year. Consequently, the duration of their engagement was mostly limited to less than a year, but on a weekly basis.

### ✓ PARTICIPANTS GOT INVOLVED IN A NUMBER OF DIFFERENT ACDP ACTIVITIES.

ACDP participants engaged in multiple Programme activities. During the period covered by the evaluation, over three-quarters (76%) of respondents (excluding schools and prisons) had participated in two or more activities, and over one-half (54%) had participated in three or more activities.

In which activities people participated depended to a big extent on the participants' age. Middle-aged and older participants were more engaged in both city-wide events (Walk and Yoga for Life) and community-centred activities (Community Walk and Yoga for Life in suburbs, Community Classes). Overall, more than one-third (34%) of respondents combined participation in the city-wide and a community-focussed activity.

While youth participated in public events, the ACDP targeted youth more specifically through its 'special activities' such as Youth Empowerment and Transformation (Yu Yet) and Youth of Change. While the Programme reached a big number of participants in activities implemented in the city, the activities focussing solely on youth reached a relatively small number of young people, involving only up to 40 youth in during a typical week.<sup>6</sup> A total of around 40 storytellers reported participating in each of these activities which reflects the Programme's administrative data on youth project participation. Out of all

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<sup>6</sup> The reason this figure of 40 looks a lot smaller than the sum of the 'special activity' participants listed in Table 1 is that there is a strong overlap, with many of the same cohort of youth participating in more than one special activity. According to the ACDP managers, these 40 are youth who have remained in the programme for over a year. After the visit of the evaluation team in Port Moresby in September 2019, the number is said to have increased.

sampled evaluation participants, 9% engaged in Youth Empowerment and Transformation, 10% in Youth of Change and 7% in People's Positive project.



*Picture 7. Youth from Bomana Prison displaying their acrobatic skills*

ACDP successfully presented itself as an integrated programme in which the majority of participants got involved in a number of activities rather than focusing on one particular activity. With people participating in different activities, the Programme was able to maintain a holistic approach to behaviour change by covering multiple dimensions of interest to participants: self-development, self-reflection, group work and sense of belonging.

## C. How do participants feel about their experience with the Programme?

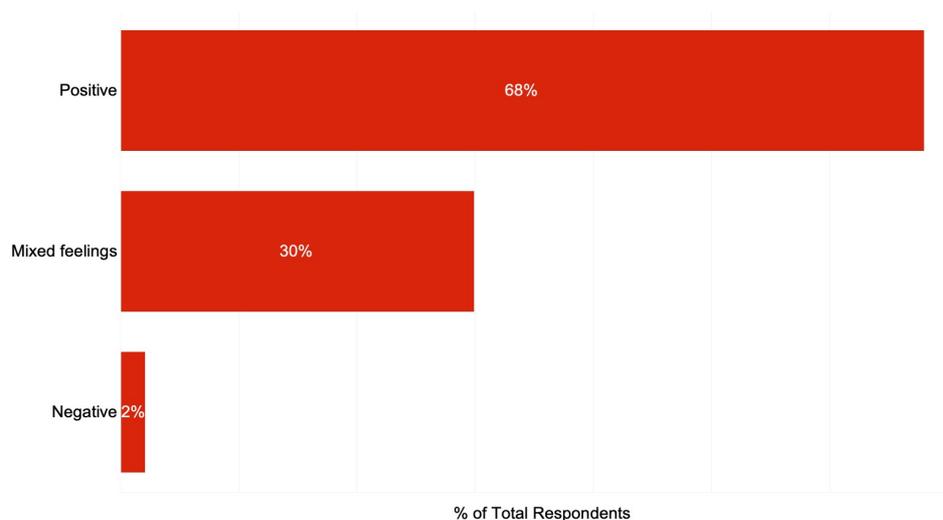
In this sub-section we look at participants' perceptions of ACDP and their assessments of how the programme has changed their lives and the lives of those around them. The Programme aimed to make a positive and lasting impact on its participants. Here, we consider participants' own evaluations of how strong and how lasting the Programme's impact has been on their lives.

**✓ ACDP PARTICIPANTS FELT VERY POSITIVE ABOUT THEIR EXPERIENCE; THEY ALSO REPORTED A STRONG AND PERMANENT CHANGE IN THEIR LIVES AND IN THE LIVES OF OTHER PARTICIPANTS.**

ACDP impacted in an overwhelmingly positive way on Programme participants. Some 70% of the respondents regarded ACDP with positive feelings, while 30% reported both positive and negative feelings (Figure 1). Just 2% of respondents reported exclusively negative associations. People also strongly regarded ACDP with feeling happy, proud or hopeful (Figure 2).

**Figure 1.** Signification and feelings related to the stories

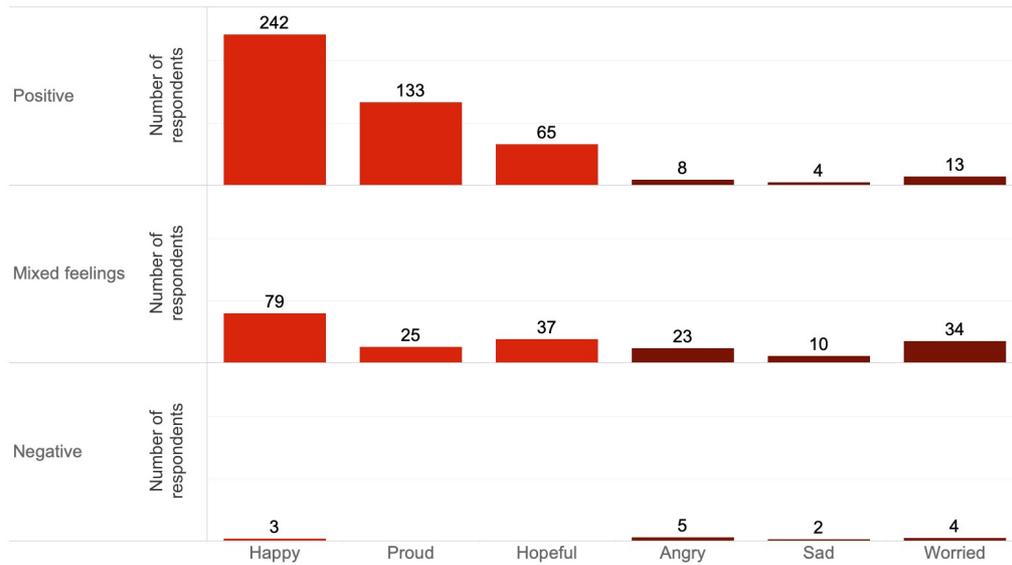
General feelings



Source: Authors

**Figure 2. Signification and feelings related to the stories**

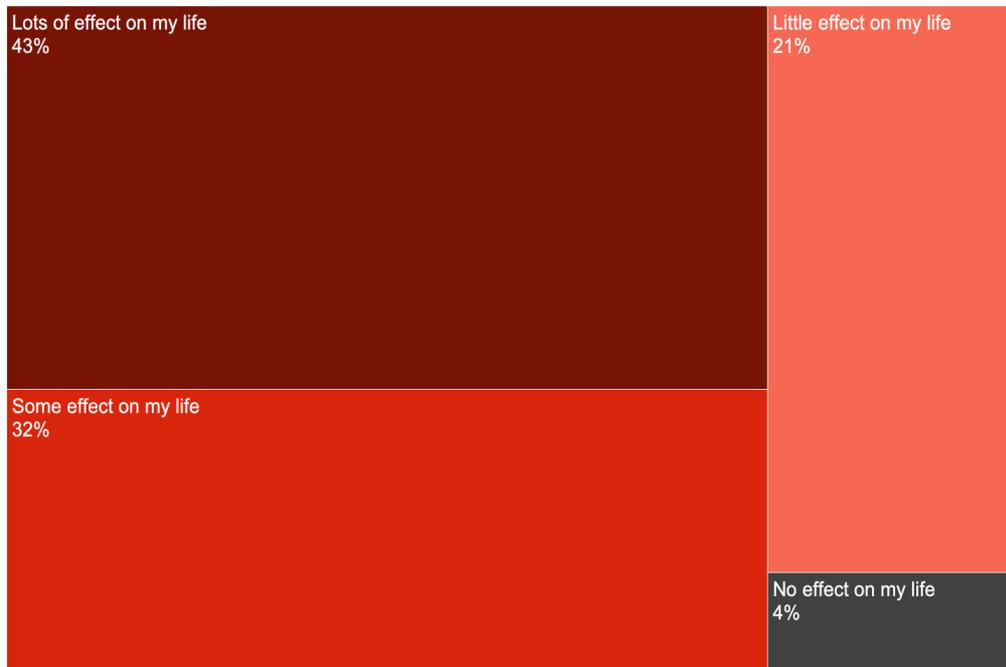
By ways of feeling



Source: Authors

ACDP had a strong and permanent effect on the lives of its participants. Some 43% of storytellers signified their story as having had a lot of effect on their lives, while 32% saw some effect in their life and 21% little effect (Figure 3). Only 4% did not see any effect product of the Programme.

**Figure 3. What happened in my story had...**

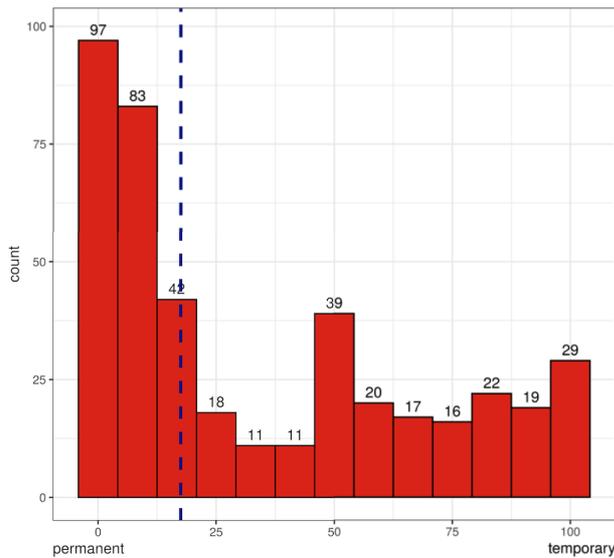


Source: Authors

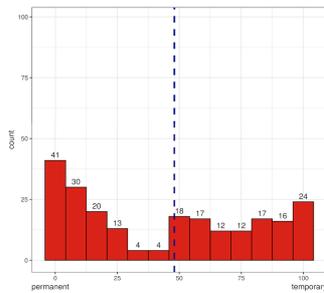
Some 50% of respondents reported the permanent effect: When asked to signify their stories in terms of how lasting its effect had been on their lives, 50% of the storytellers signified that the effect on their lives had been more towards the permanent end of the spectrum (Figure 4). Even when participants just started the programme (less than a year), they felt that the change was somewhat between a permanent and a temporary change. The longer the participants engaged in the activities, this feeling further strengthened.

**Figure 4.** Any change as a result of what happened in my story is...

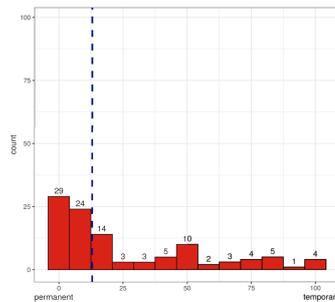
(incl. pattern of years of exposure to the Programme)



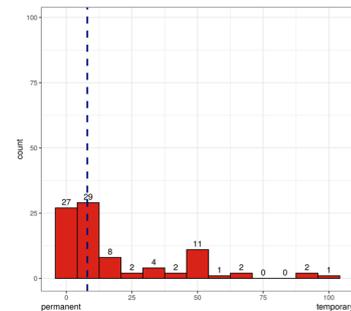
Less than 1 year



Between 1 and 3 years



More than 3 years

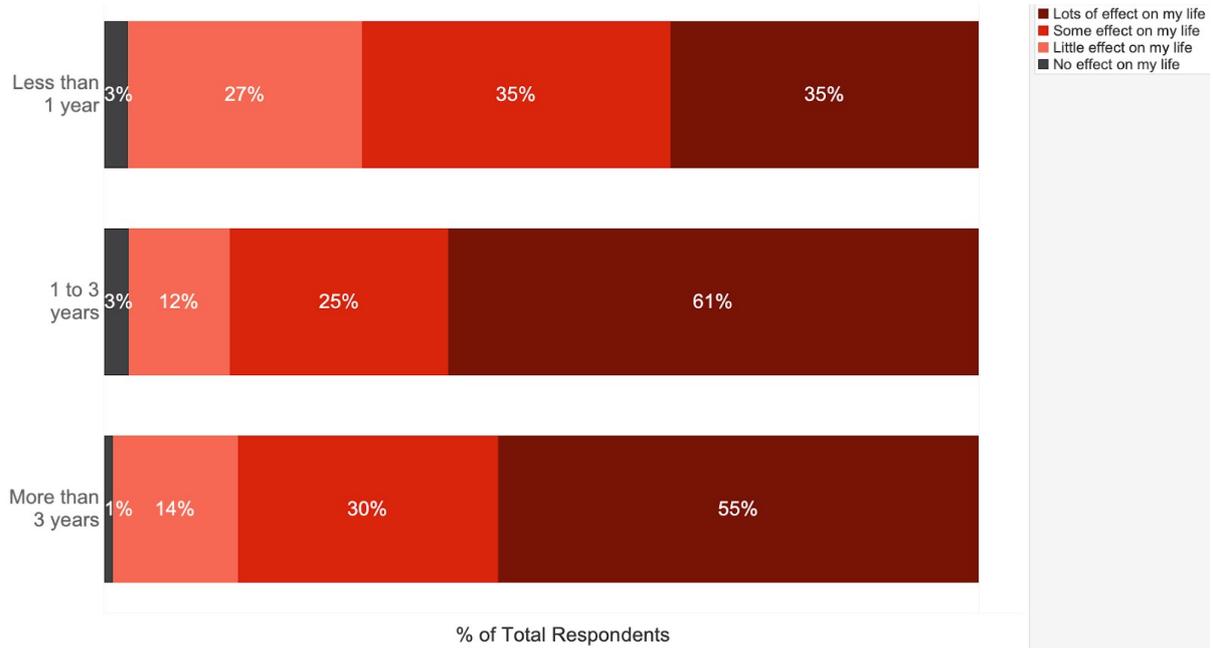


Source: Authors

Furthermore, the longer people participated in the Programme, the more they perceived their lives to have changed. Hence people participating for more than a year in ACDP (across all activities) indicated a stronger and more permanent effect on their lives. In general, the stronger the effect on people's lives, the more permanent were the perceived changes (Figure 5).

**Figure 5. Effect of the experience on people's life vs the time of involvement in the Programme**

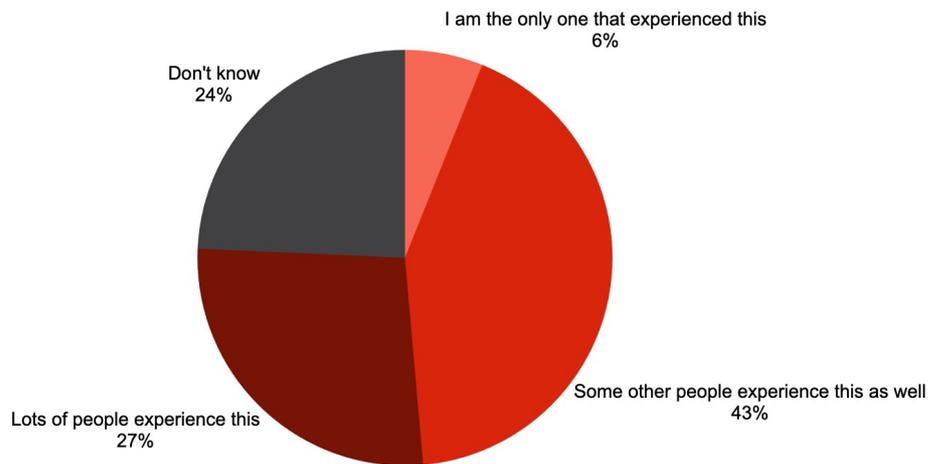
For all Programme activities, excluding Yoga in Schools participants (all less than 1 year in the Programme)



Source: Authors

Significantly, over two-thirds (70%) of respondents perceived that other people they knew had experienced a similar change in their lives as a result of the Programme (Figure 6).

**Figure 6. Do I think that other people have a similar experience as I described in my story?**



Source: Authors

## D. Have participants improved their health and wellbeing?

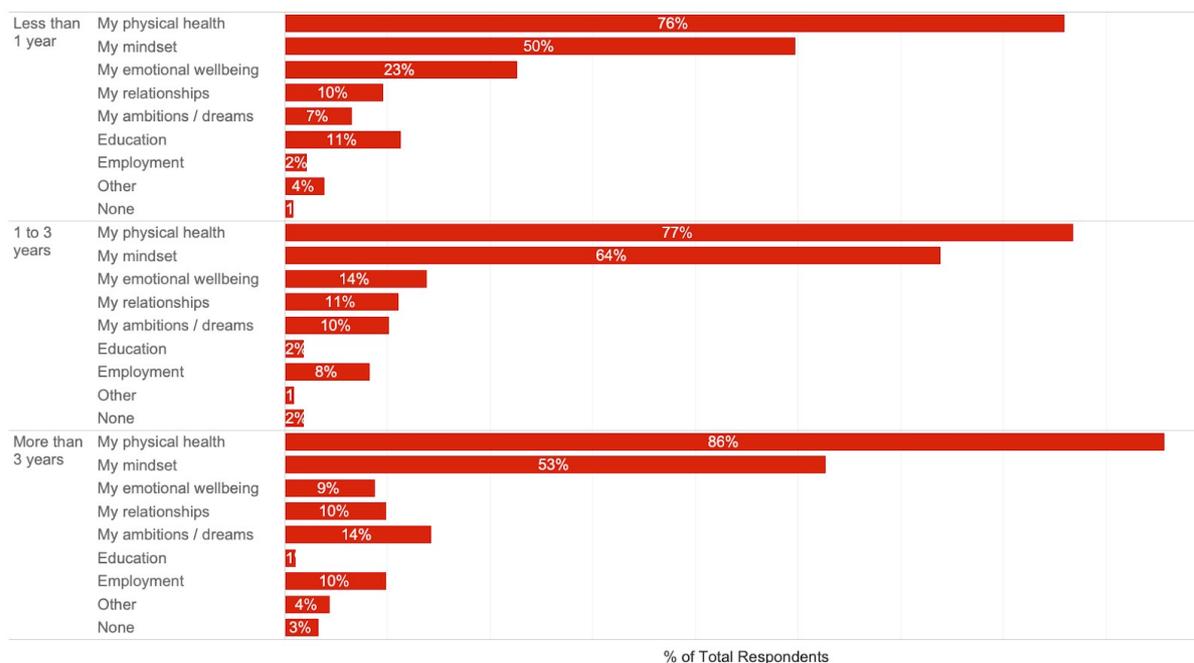
In this sub-section we consider ACDP's impact on participants' health and wellbeing. The programme aimed in the first instance to make a positive impact on lifestyles and encourage healthier bodies and minds amongst participants.

### ✓ THE PROGRAMME IMPROVED PHYSICAL AND MENTAL HEALTH AMONGST BOTH MALE AND FEMALE PARTICIPANTS.

The evaluation found that participants reported feeling<sup>7</sup> physically and mentally healthier through participating in the Programme (Figure 7). Significantly, respondents told stories that were mostly associated with improvements in their physical health (78%) and mindset (54%).

**Figure 7. What happened in my story mainly influenced...**

(max.2 answers possible; by length of participation in ACDP)



Source: Authors

The Programme's positive impact on physical and mental health and wellbeing affected both women and men. Middle-aged and older men in particular expressed a positive change in their physical and mental wellbeing as a result of getting involved in ACDP activities (see for example Box 2).

<sup>7</sup> For the purpose of this evaluation, and in the absence of detailed good quality health data, we relied on participants' self-reported assessments of their physical and emotional wellbeing.

**Box 2. Active Living (older man)**

In the past I always felt so lazy and usually had joint pains. Once I started Walk and Yoga For Life for a few months I felt so fit and active. During my experience we walked all the way from Jack Pidik park to Ela beach, about 8km, and that would not have been possible for me a few months back. It was important because I felt like I had a purpose. I felt I had something to look forward to every Sunday, so I get myself occupied but most importantly to keep myself healthy and fit. Also, one important thing the programme has brought is a network of people who helped me get a job.



Picture 8. Community Yoga at Paga Ring Road

**✓ THE PROGRAMME IMPROVED PARTICIPANTS' EMOTIONAL WELLBEING.**

Participants also reported feeling emotionally stronger through participating in the Programme. Almost one-fifth (18%) of respondents reported having improved their emotional wellbeing. A key component of improving the wellbeing of participants resulted from ACDP's focus on bringing people out of their communities. People experienced new spaces and relationships in a life changing way. For those participants engaging in ACDP activities outside their settlements, respondents conveyed that they had started to feel more included and to begin new conversations. A story told by an elderly woman participating in Walk and Yoga for Life - titled 'Yoga my inspiration of real life' - exemplified this change:

*"I am 63 years old, but I have the mind of a youth. I don't speak English, my participation in WYFL has made me understand many people. My involvement has enriched me, and I feel physically fit, feel much healthier and I cannot stop. The more I get involved, my heart problem stopped. I feel excited to participate in any activity every day, I see sunlight in the morning."*

## E. Has the Programme changed behaviour amongst participants, their families and their communities?

In this sub-section, we explore ACDP's achievements in contributing to behaviour change in participants. The Programme's objective was to empower individuals to make changes to their lives and to the lives of their families and communities through a bottom-up approach, empowerment that begins with healthy minds and bodies.

### ✓ THE SELF-ESTEEM OF YOUNG PARTICIPANTS WAS IMPROVED; MANY CHANGED THEIR BEHAVIOURS AND GENERAL OUTLOOK ON LIFE THROUGH PARTICIPATING IN THE PROGRAMME.

It was particularly striking that young people involved in the ACDP reported positive and even transformational changes in their lives. ACDP youth-focused 'special' activities that linked skill development and socialising (often outside participants' everyday environment) built young people's self-confidence and capacity to aspire to live their lives differently. Youth perceived ACDP participation as an opportunity to get out of their settlements and leave behind their daily lives. These young people were turning their backs on 'marijuana and homebrew' and expanding their ambitions and horizons. Box 3 highlights stories that exemplify these changes.

#### *Box 3. Youth stories of change*

##### **Kickboxing dream (female youth)**

I joined kickboxing in May 2019 and I still remember it was on a Monday, because I learned that when you want to go to boxing class you have to pay. But when I came here to Taurama Aquatic Center (TAC) it was for free. That was the happiest moment of my life because I saw that this was my chance to enjoy kickboxing. I learned many new skills and met many new people. My involvement in this activity made me physically fit and, because I had dropped out of school, I felt hopeless. When I joined, I started coming everyday: Mondays, Wednesdays and Fridays at TAC. I don't miss a single training day. I introduced the Walk and Yoga for Life to my family and now they are also involved in the Walk and Yoga for Life activities. I invited my other family members and friends who are now active in the programmes. I am hoping to be a kickboxer in the future and at the same time do distance education school. So, one day I can graduate with an academic certificate and my kickboxing. I want to make my parents proud one day.

##### **Living testimony of youth of change (male youth)**

It was back in 2017 that I first encountered the new lifestyle I'm living. I'm a member of the Youth of Change (YoC) group in the dance act. I live right next to TAC, but my life was a mess before I even joined the YoC under the ACDP. One morning, my friends and I were drinking near the drain corner of the TAC premises. And I saw a group of guys doing somersaults in the car park of TAC and it blew my mind. I've always loved dancing hip hop and bboying [breakdancing] but never ran into any dance group or activities of this sort so I'd turned to hanging out with bad boys and drinking liquor. I was amazed by what I saw so I decided to join on my own which I did the next day. Since then, I'm

one of the top bboys of the YoC and staying fit and doing well and doing what I love, which is dance, has also become my job. And for that I am grateful.

### **My life story (female youth)**

I am a 15 year-old girl and dropped out of school in Grade 2. I joined TAC kickboxing in May 2019 with my sister. Since my involvement in the activities, I always find the bus fare to come and not miss a class. Every morning [3 days a week] I drop off my younger brother in school and head straight to TAC. When I don't have bus fare, I walk all the way from Erima [airport flyover community on the way to 9 mile – maybe 3 or 4 miles away] after dropping my brother at 7.30 am. I tried kickboxing for two months and now I'm into circus. My parents would disagree every Sunday about me participating in the Walk and Yoga for Life as they are mindful of my safety and they say 5 am is a dangerous time [to get out and start walking]. But despite all this I still go every Sunday – I get a bottle of water and walk. I come from a poor family – my parents are not walking and the money my mother gets from little market selling goes to lunch money for my younger brother. I enjoy walking to TAC and back and it's become a habit now. After we finish at midday, we get lunch and I wait to make sure that everyone gets their lunch in the line before I get mine. If there's nothing I just drink water and go back.

### **Changing my Mindset (male youth)**

Growing up in Koki (settlement), it is normal to see young boys like us just roaming around looking for opportunities, like snatching bags, or holding up innocent people and taking their belongings. That was our everyday life. I admit that my elder brothers were a bad influence on me. I never stood my ground; I always did whatever the older boys forced me to do. I knew it was wrong but yet I continued doing it.

One morning I woke up and heard some of my cousins telling stories about their experiences at some youth Programmes at TAC. So, the next time as they were leaving for TAC I followed them and asked if I could join them. They all laughed at me saying I cannot do all those flexible exercises, but I persisted and so we went. As we arrived at TAC, I saw so many youths just like me gathered there and fully participating. They spoke openly to each other and they were all committed to whatever groups they were in. Suddenly I saw a group which got my attention, and that was the acrobatics group. I was all eyes open and very eager to learn. So, one of the facilitators approached me and asked if I wanted to take part. I quickly said yes. I struggled a bit at first but the feeling I had was just... I cannot explain... I felt so good. From that time, I decided to stop hanging around with groups that had a bad influence on my life.

As discussed above, the youth-focussed special activities represented a relatively small Programme population, thus limiting overall contribution. But the transformations experienced by some participants provided a platform to be change-makers in their communities exerting a positive influence on their peer groups.

✓ **THERE ARE INDICATIONS, THOUGH NOT BACKED BY SUFFICIENT EVIDENCE, THAT THE PROGRAMME MOTIVATED YOUTH TO PURSUE OTHER EDUCATION OR JOB OPPORTUNITIES.**

While the evaluation confirmed that young people's participating in ACDP expressed motivation to improve their lives, there was no specific evidence that confirmed in greater detail the ACDP's impact on youth motivation to pursue new education or job opportunities, nor being involved in other job skills training programmes of NCDC. Furthermore, the evaluation confirmed that ACDP was able to change people's mindset and outlook on life, indicating a willingness to seek employment as part of a pursuit for a new life and living style.

The Programme did make a positive, yet limited, contribution to enhancing employability amongst youth participants in special Programme activities. This means that due to the behavioural change of youths, they had a better chance of securing jobs. The fact that certain individuals got employed through the ACDP<sup>8</sup> due to their outstanding engagement created amongst some participants a misconception that the Programme was a vessel for employment creation. By stimulating participants' motivation for employment and schooling, however, ACDP could be able to redirect these empowered youths to existing NCDC employment-focussed programmes.



*Picture 9. Participants of Yoga for Schools at an event of Walk and Yoga for Life*

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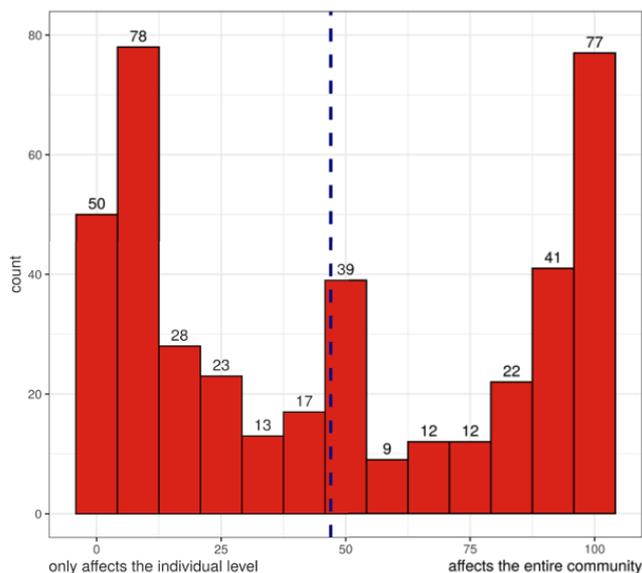
<sup>8</sup> These cases of employment as yoga instructors in the private sector (e.g., in hotels and fitness studios) or in the ACDP itself were isolated as the market for trained yoga instructors is limited in Port Moresby. In 2019 no training for future yoga instructors was conducted.

## ✓ DIFFERENT TYPES OF ACTIVITIES HAD DIFFERENT TYPES OF EFFECTS ON PARTICIPANTS.

When storytellers were asked to signify their story in relation to its relative influence on changes at the individual level or community level (Figure 8), we observed a more nuanced answer with an almost perfect distribution between individual and community level. City and community-oriented activities were - not surprisingly - more oriented towards the community level changes. This can be related to the participants' misconception that the Clean City Campaign is part of the official ACDP (see discussion below). Yoga in Schools participants and special targeted groups (Bomana and Youth) were more leaning towards individual change. The SenseMaker stories and discussions during the sense-making event provided insights, for example that activities allowed participants to take control of their temper and delay violent outbursts.

**Figure 8.** *What I describe in my story...*

Total respondents



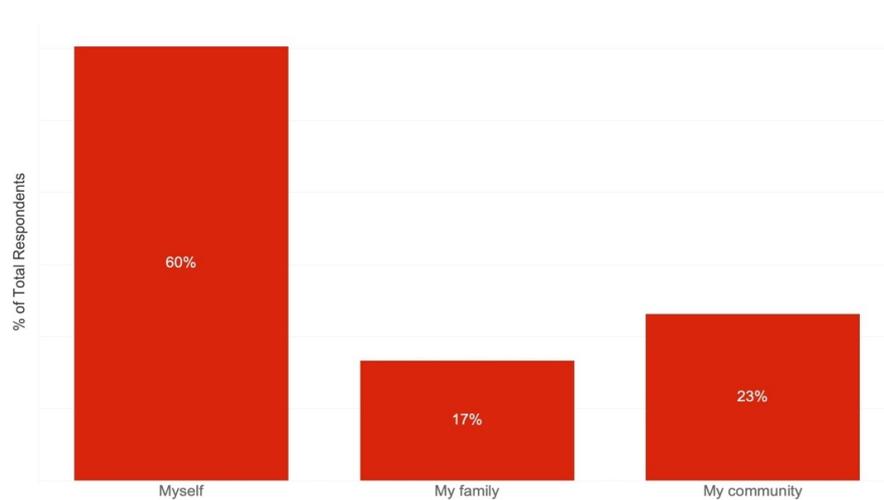
Source: Authors

## ✓ WHILE MOST RESPONDENTS TALKED ABOUT INDIVIDUAL LIFE CHANGES, THEY ALSO TALKED ABOUT INDIRECT IMPACTS ON THEIR FAMILIES AND COMMUNITIES.

ACDP targeted individual behaviour change but also aimed to ultimately contribute to changes in behaviour within families and communities. The evaluation found that individual improvements in health and wellbeing reportedly were having a positive knock-on effect on behaviour and attitude within participants' families and their communities. While 60% of respondents signified that the Programme had mainly an effect for them as individuals, almost one-fifth (17%) reported that the Programme had contributed to changing behaviour in their families and almost one-quarter (23%) to change in their communities (Figure 9). We note here that the respondents linking the Programme to community change were more likely to be involved in the 'spin off' Clean City Campaign activities, which were not strictly part of the ACDP (as discussed below).

**Figure 9.** *My experience affects mainly...*

Total respondents



Source: Authors

Participants told stories about how changes in their personal lives influenced family relationships. A story told by a single mother describing the outcome of her involvement in a number of ACDP activities, was representative of how women could be empowered in their relationships with their husbands (see box 4).

**Box 4.** *A single mother's story*

I am a single mother of two. Before the introduction of ACDP I used to concentrate on my street market. I would cook flour balls, popcorn and kebabs to walk and sell on the street in order to feed my children and extended family. My husband had extramarital relationships, so I kicked him out of my life. I am not educated, and I don't have the right qualifications to find work. After my husband left, I joined the Walk and Yoga For Life on Sundays. Because of my community leader she encouraged me to participate in the ACDP Clean City Campaign and community yoga classes. I attend every Tuesday and Thursday yoga classes. Thursday morning, we do the community clean up around the community and the Konedobu area. I used to be a fit young lady before. When I got married my husband used to beat me up and I was depressed. I thought my problems would drown me. Since I got involved in these activities my mind has cleared and I am very committed to my time. I get up very early to cook for my market selling, but I will never miss my afternoon yoga class. These activities have changed my way of thinking. Before I used to be hopeful that my husband would come to give lunch money for my children, but I don't think that way anymore. I manage my time properly. I find money to put food on the table and at the same time I attend the classes and clean ups with the community. The other ladies in the community are also supportive. They know I have problems with my husband, so they protect me whenever he confronts me, and they always fight back. My children are also very active in the WYFL.

## ✓ **WOMEN IN SETTLEMENTS TOOK RESPONSIBILITY TO KEEP THEIR COMMUNITIES CLEAN AND HEALTHY.**

ACDP focused on individual change as a necessary step for longer-term changes at a community level. The evaluation confirmed that the Programme contributed to behaviour change in communities through the growth of self-motivated community-level activity. In this way, the changes targeted at an individual level were beginning to yield results within communities. Furthermore, community-level changes resulting from the Programme were recognised and reported as such by some 'non-ACDP' residents within these communities (see for example Box 5).

### *Box 5. Walking together helps our community*

I am a young mother living in a settlement that faces many challenges, especially for the youth. Before the programme, I hadn't seen physical changes and I didn't have much confidence, especially, to open myself up to other people. I am not a regular Walk for Life person, I only took part once, and since then I have not been going. It's not that I don't want to go, but I have a 2 year old son and it is my main responsibility to look after my family. I only took part once because I have seen many changes in my community. When people started joining walk for life, I see gambling in the community has been minimized, youth are occupied with so many programmes, and I just wanted to show my community that I support them, and I wanted to see them continue to make our community better and friendlier to the outside community.

The community change was most evident through the impact of ACDP on women's self-driven community mobilisation efforts. Notably, ACDP women participants established their own community Walk for Life activities. At the time of the evaluation, communities were organising Walk for Life activities in Kaugere, 6 mile, Moresby South (Ela Beach), Erima and Gerehu (Redhills). There was also a Power Walk organised between Gerehu and Baruni. Previous community Walk for Life activities had been organised at 9 mile, Morata, Koura Way (Tokarara), 8 mile, Kone and 5 mile settlements.

In addition to community Walk for Life activities, community women across many settlements were motivated through their involvement in the Programme to initiate a grassroots effort called the Clean City Campaign. While this campaign was not officially part of the ACDP, participants who engaged in these activities made a clear link in their minds between the ACDP and Clean City Campaign and took ownership of their volunteering clean-up activities in and around their communities.

In certain cases, this led to middle-aged and older women forming and registering their own community associations. Middle-aged participants, especially women, remained heavily involved as volunteers in community building through this campaign. They perceived an intrinsic benefit in keeping their communities clean and promoting local pride and behaviour change. These community associations were also better able to organise themselves vis-a-vis public agencies thus making their voices heard and coordinating between them to negotiate for tenure security and improved services to their communities.

The willingness and ability of these women to mobilise their communities was heavily influenced by their household circumstances and relations. Female community volunteers still bore the main domestic burden and were expected to be home on time to complete household chores. While some husbands

and community peer groups were happy for their wives/peers to engage in ACDP activities, others often disagreed to allowing their wives or female relatives to participate in ACDP activities. Not only were these women leaving the boundaries of their homes, they were not bringing home any money in the process. In extreme cases, this meant being scolded, and mentally or even physically abused. Some women actively dismissed such reactions or felt empowered to challenge their husband's attitude and behaviour, while others could not avoid the effect of their husbands' reaction on restricting their engagement in the Programme.

## F. How did the Programme impact the health, peacefulness and safety of Port Moresby?

As described in the description of the Programme above, the ACDP impact goal is for Port Moresby to become a clean, safe, peaceful and healthy city recognised abroad. For this section it is important to note that participants made a clear link between the ACDP and the Clean City Campaign, which is not officially part of the Programme.

The previous sections explain that the main focus of participant storytelling for this evaluation was signifying outcome-level changes in attitudes and behaviours. A minority of storytellers linked their stories directly to changing solely the city and changing relationships rather than themselves (see Figure 10). The dominant pattern clearly leans towards personal change.

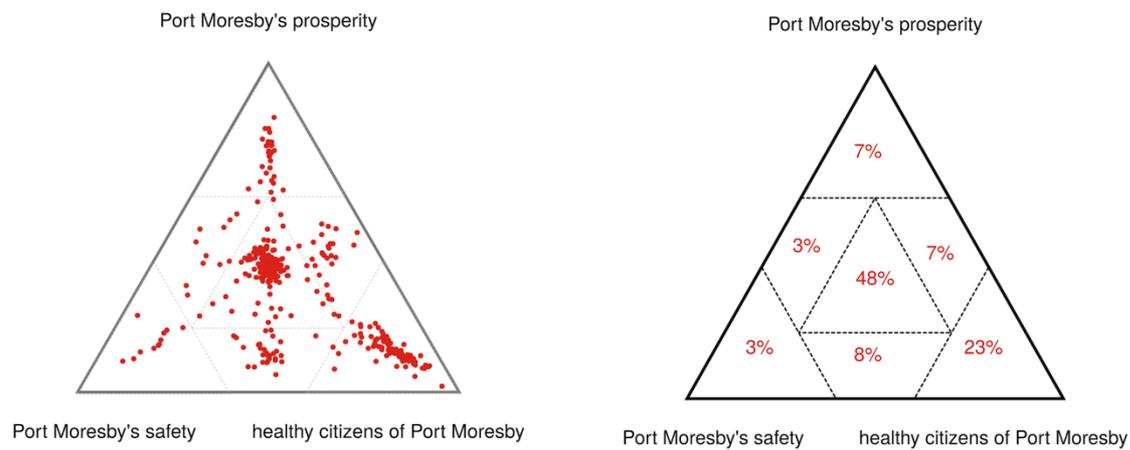
**Figure 10.** *In my story, the change that Active City brings is about...*



Source: Authors

While participants did not on the whole see a direct link between their stories and changes in the city, they did signify the most likely long-term contribution of changes described in their stories towards impact level changes (see Figure 11). Almost one-half of the stories (48%) considered that their story would most likely contribute to all three impact level changes - the health, peacefulness and safety of the city. At the same time, almost one-quarter (23%) of storytellers envisaged a more specific change in the health of Port Moresby citizens over and above long-term changes in safety and prosperity.

**Figure 11.** The type of changes described in my story are most likely to contribute to... (if applicable) <sup>9</sup>



Source: Authors

It is clear from this pattern of answers that contributing to healthy Port Moresby citizens was the impact area where storytellers perceived the biggest potential contribution to city-level change. As discussed above, a majority of storytellers described the personal health benefits of ACDP’s activity-focussed programming and seemed most comfortable projecting those benefits onto citywide change in healthy behaviours in the long term. In contrast, when focusing solely on the other envisaged impacts presented in the triad, only 7% of the stories envisaged a contribution to the city’s prosperity and just 3% to the city’s safety.

This evaluation found that the ACDP effectively integrated mutually-reinforcing individual and collective change dimensions, with the majority of participants seeing the Programme as a mix of related activities rather than focussing on one particular activity. Participating in different activities allowed the Programme to have a holistic approach to change by covering multiple dimensions of interest to participants: self-development, self-reflection, group work, sense of belonging and community. If we understand that a change in Port Moresby can only be achieved through development of individuals, the relationships between them within the communities, and between them and formal governmental institutions, we can cautiously conclude that the integration of activities into one Programme holds out the promise of contribution to longer-term impact level change.



Picture 10. Youth Empowerment Programme

<sup>9</sup> 'Lukluk na hamamas', the Pidgin translation of 'prosperity' entails concepts of happiness, peacefulness and wellbeing, and not necessarily an economic or financial aspect as it does in English language.



EVALUATION  
RECOMMENDATIONS

## EVALUATION RECOMMENDATIONS

NCDC's Strategic Plan 2017-2022 lays out the vision and goals for the city of Port Moresby. Its vision is to build a greater future for the city and one of its goals is to make Port Moresby a peaceful, smart, clean, healthy and liveable city (NCDC, 2019b). This evaluation found that the ACDP has made significant progress in this direction and that it could further improve its effects by adjusting and adapting certain Programme elements.

Based on the evaluation findings and drawing on stakeholder discussions during a sense-making event, it was proposed that a set of recommendations for improvement to reach the transformative impact of the ACDP going forward. We consider specifically how the Programme might contribute to this long-term vision for the city as mentioned in the NCDC Strategic Plan.

These recommendations, summarised in Table 2, complement the ACDP's approach. It indicates which organization is the responsible authority.

**Table 2. Evaluation recommendations**

Recommendation	ACDP	NCDC
1. Consider expanding the Programme's youth-focused special activities and outreach to increase the ACDP's contribution to transforming young lives.	✓	
2. Progress the linking of youth Programme activities to ongoing and future educational/ Technical and Vocational Education and Training programming.	✓	✓
3. To avoid misunderstanding and cross-community tensions, improve transparency and clarity of communication with community leaders.	✓	✓
4. As far as possible, expand cross-settlement initiatives and activities at the city level that help community exchange, build trust and reduce enmity.	✓	✓
5. Build on Programme partnerships with local actors and institutions to embed and scale up ACDP.	✓	✓

### *1. Consider expanding the Programme's youth-focused special activities and outreach to increase the ACDP's contribution to transforming young lives.*

The evaluation found strong evidence that ACDP was having a transformative impact on the behaviour and outlook of youth participants. At the same time, it was discovered that a relatively small number of young people were participating on a long-term basis in the Programme's special activities. By participating in ACDP activities individual young people were being empowered to become changemakers in their own communities. This was a very positive transformative impact pathway triggered by the Programme.

Given the power of its impact on youth, this evaluation recommends that ACDP should consider expanding its youth-focussed special activities and outreach to increase its contribution to transforming young lives. The evaluation further recommends that ACDP pursue this pathway more purposefully by supporting youth changemakers, for example to initiate sports and social activities in their communities, to embed new behaviours. Whilst this already appears to be happening to some extent, it could be supported in a more focussed way to contribute to behaviour change at scale through the Programme's youth champions.

### *2. Progress in the linking of youth Programme activities to ongoing and future educational programmes or Technical and Vocational Education and Trainings*

Following on from the recommendation above, this evaluation considered the strength of the link between ACDP's impact on youth outlook and behaviour and the future employability of these young people. The evaluation found an emerging promising pathway in which the attitude and behaviour change triggered by the Programme was being channelled into a positive employment outlook. We found some supporting evidence that empowered youth were being directed to other NCDC programmes with educational and vocational aims.

In order to strengthen the pathway from the individual capacity to see that an alternative lifestyle is possible, to secure/skilled livelihoods, this evaluation recommends that ACDP makes a more purposeful and integrated link with 'sister' programmes within NCDC. As discussed by Programme stakeholders during the sense-making event, one option might be to give priority to ACDP participants for other NCDC programmes such as Technical and Vocational Education and Training. A good example of such partnerships is the collaboration developed in December 2020 with UNFPA and NCDC to promote comprehensive sexuality education in the pilot district of Port Moresby. This evaluation encourages to further pursue such collaborations.<sup>10</sup>

### *3. To avoid misunderstanding and cross-community tensions, improve transparency and clarity of communication with community leaders.*

Despite some perceptions across communities, ACDP is not a job creation scheme and does not pay its participants. Furthermore, spin-off activities such as the Clean City Campaign are to be encouraged but should not raise expectations for top-down funding and benefits. The importance of promoting and

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<sup>10</sup> National Capital District Comprehensive Sexuality Education Pilot - Concept Note, December 2020.

clarifying the purpose of ACDP to the public has also been identified by public sector and Programme staff stakeholders.

This evaluation recommends that in order to avoid such misunderstanding, which has sometimes led to cross-community tensions (thereby threatening the social cohesion goal of the NCDC Strategic Vision), ACDP should review its communication strategy and work to increase transparency and clarity of its communication, with community leaders in particular.

*4. As far as possible, expand cross-settlement initiatives and activities at the city level that help the exchange between communities, building trust and reducing enmity.*

This evaluation found that ACDP was effective at building community cohesion and identity within settlements. Although it was not an objective of the Programme, the evaluation found further that ACDP could contribute to mitigating cross-community cyclical tensions, often rooted in tribal identities.

The evaluation recommends that ACDP makes deliberate use of its public events and spaces to build cross-community trust and so contribute to reducing cyclical violence at the city level. At the Walk and Yoga for Life, for instance, this might involve team building activities and exercises in pairs with people from different communities that don't know each other. Where possible, ACDP might go a step further on this impact pathway and link the Programme to peace and reconciliation dialogue between settlements to mitigate the risk of small disagreements escalating into full-blown violence.

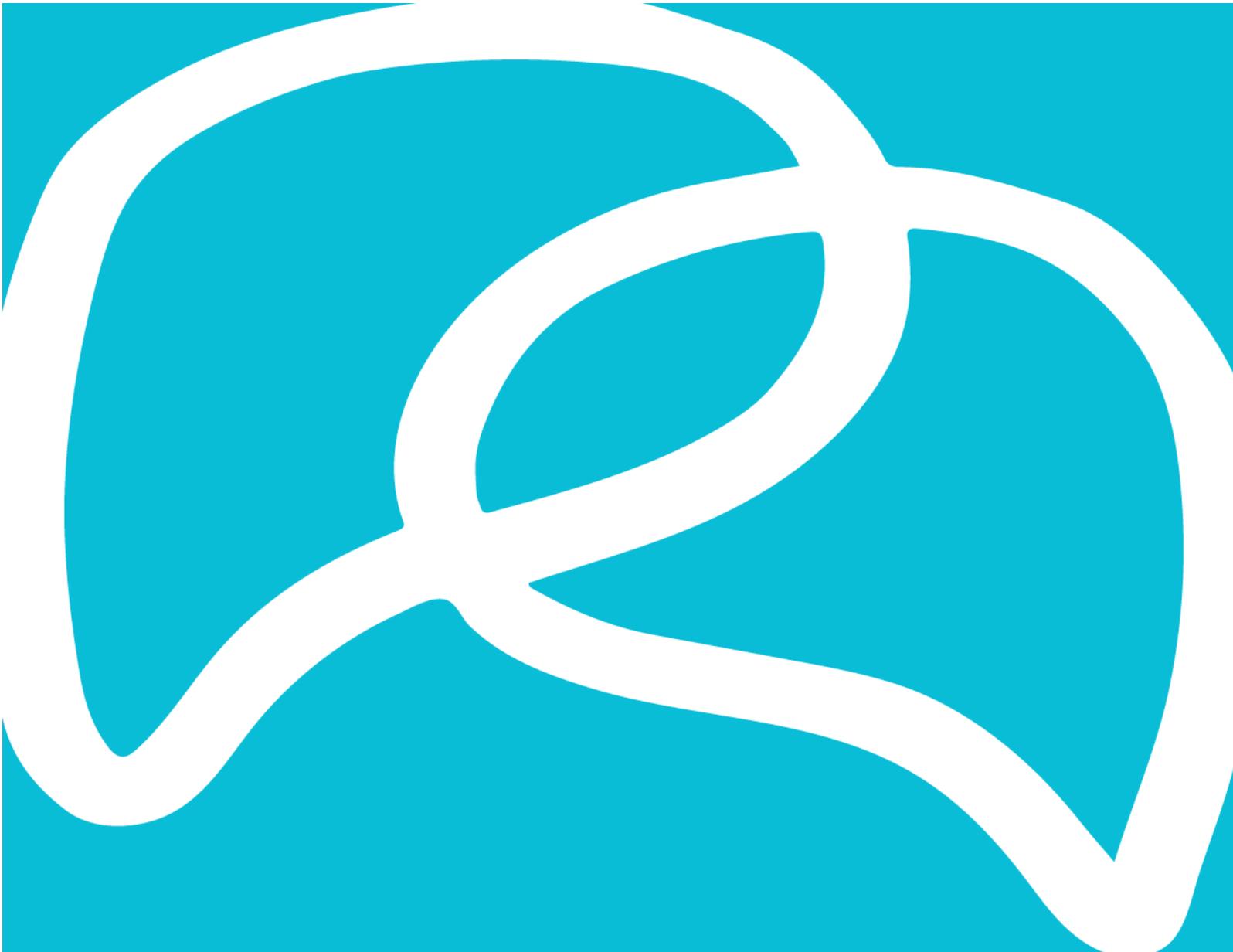
Beyond inter-community trust building, there is an opportunity for ACDP to work more purposefully at building social bridges between excluded settlement communities and middle-class Port Moresby. This might involve Programme managers facilitating discussions and learning visits between settlement leaders and middle-class residents/ business associations, and between youth leaders from settlements and middle-class areas, to address the perceptions people have of each other.

*5. Build on Programme partnerships with local actors and institutions to embed and scale up ACDP.*

ACDP, while a municipal programme, utilised partnerships across civil society to achieve its goals. The evaluation found that ACDP made effective use of its local networks to facilitate its entrance into settlements, gain trust with local people and organise activities. By embedding its community outreach through partnerships with a variety of actors (church, private sector, schools, correctional services, etc.), ACDP's sustainability did not solely rely on NCDC's support. Indeed, certain partnerships were key to making the ACDP possible.

During the sense-making event held with Programme stakeholders at the end of the evaluation, it became clear that more partnerships could be fruitful to embed and scale up Programme activities. Stakeholders discussed, for example, the potential to roll out ACDP activities to other correctional services and public institutions. They also considered furthering efforts to involve private sector partners, such as sports stores, in sponsoring events and materials.

Given this potential of Programme partnerships in terms of fostering its sustainability and increasing the ACDP's positive effects, this evaluation recommends to further build on partnerships with NGO, public- and private-sector partners to embed and scale up the ACDP.



# BIBLIOGRAPHY & ANNEXES

# BIBLIOGRAPHY

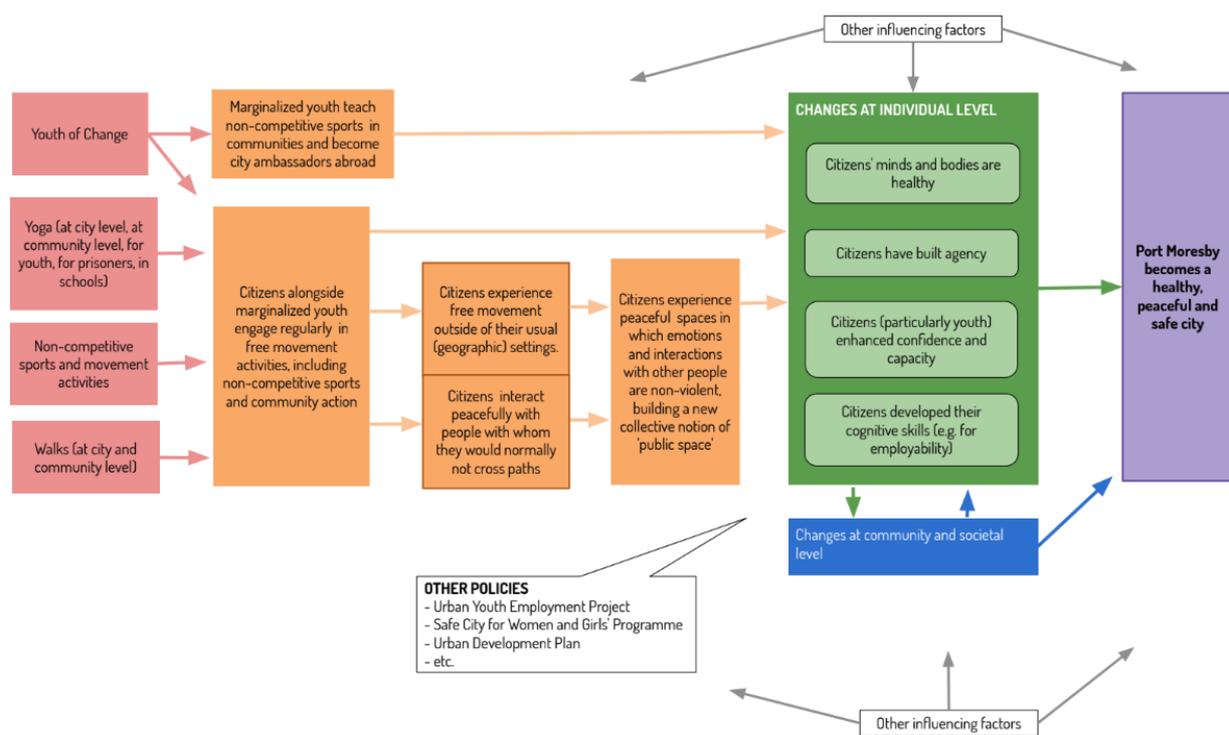
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# ANNEX A. EVALUATIVE THEORY OF CHANGE

For the purposes of this evaluation, we have outlined the ACDP’s rationale and constructed a corresponding Programme evaluative Theory of Change (ToC). This ToC integrates all of ACDP activities into a theorised pathway of contribution towards the interlinked Programme outcomes of individual empowerment, and to longer-term impact goals of a healthy, peaceful and safe city (see Figure A1). The ToC is a tool that allows one to understand conceptually how the programme sees change can happen and which assumptions or conditions would be necessary for that change to take place. These conditions can be or not, under the control of the programme managers. Utilising this evaluative ToC enables the evaluation team to see if and how intended Programme contributions to change have happened and to test underlying Programme assumptions about how that change happens.

**Figure A1. Programme Theory of Change**



This evaluation interprets the ACDP’s empowerment approach as supporting people’s agency, defined as “a group’s or individual’s capacity to make effective choices, that is, to make choices and transform those choices into desired actions and outcomes” (Alsop et al, 2005, 10). The idea is to allow an individual to feel change by themselves through engaging in an activity and observing the difference in how they feel. Through it, participants feel the freedom to make better choices in their lives. The ACDP activities are accessible and replicable even at their own homes or even when they no longer participate in the programme.

To become empowered, people need to express their agency through purposeful action, taking advantage of opportunities while navigating and even challenging the constraints of institutional and

social norms that govern individual and community behaviour.<sup>11</sup> From the Programme's perspective this means helping people find their power and for them to realise that everyone has the power to make a difference. In order to make those choices, citizens of Port Moresby are given an opportunity through the exposure of the programme, using the values and key pillars to see, hear and feel that they have options. The ACDP values, which are based on the concepts of *yama* and *niyama* include the following:

- Concerning the 'self': cleanliness, discipline, contentment, self-study and self-reflection.
- Concerning others: non-violence, non-stealing, truthfulness, non-coveting and moderation.

ACDP works on distinct pillars that aim to foster habit creation, muscle memory and routine. They involve "5 R's": Regularity, Repetition, Reinforcement, Reassessment and Regurgitation. Participants are told to regularly practice and train. They also repeat the activity to gain mastery of the trained skill and create muscle memory, all based on the values that are being imparted. The regularity and repetition help the body to go beyond the mind and create habits that start becoming automatic, similar to brushing the teeth twice a day or when learning to ride a bicycle. This also teaches focus and develops a longer attention span in their chosen activity while developing discipline and concentration. Classes are also conducted in the same place, at the same time. ACDP values and principles are reinforced during these regular trainings and participants' development and actions are constantly assessed and reassessed so feedback can be given. The activities are regurgitated so the focus is set on how a practice feels, and which results it has, rather than questioning beforehand if it is good or not. The results lie in practice and total engagement. The gratification makes participants want to continue engaging in actions so results can be felt, and change can be experienced. The focus is put on practice (taking action) rather than theory or analysis. This is part of the behaviour change strategy and intervention of the ACDP.

When participants have experienced those options by themselves, they can take deliberate action towards achieving a different way of thinking, behaving and living together in a public environment that is healthier, more respectful towards others and choosing not to be violent.

Following this empowerment approach, ACDP's vision puts the citizens of Port Moresby at the centre of an intrinsically inclusive and rights-based process. The process is inclusive because almost all activities begin with specific target groups in mind: those who are marginalized, at risk, who do not attend school or have no employment or those who have migrated into the city with nothing to do while not excluding any other groups if they wish to participate.<sup>12</sup> The approach is also rights-based because it understands participants' wellbeing and ability to engage as citizens as a basic human right. By occupying Port Moresby's residents with engaging, participatory healthy activities that create opportunities for sharing and communion, the Programme sees citizens empowered to co-create a new normal and re-writing the narrative of the city they want to live in.

The ultimate intended IMPACT is for Port Moresby to become a healthy, peaceful, active, safe and liveable for both city resident that has a positive image abroad. Citizens of Port Moresby need to become fully empowered through changes both at an individual and collective level, which means that

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<sup>11</sup> See, for example, Alsop, Frost Bertelsen and Holland (2005); Van Hemelrijck (2013)

<sup>12</sup> Exceptions thereof are the activities targeting on-site participants such as prisoners and school students.

they see themselves as actors of change and start actively making behaviour choices that correspond to the collective vision they have for the city. Being empowered also requires citizens to take responsibility and ownership that it is in everyone's interest that the capital city be a place that everyone can live together harmoniously.

The ACDP contributes to this impact by changing people at an individual level (OUTCOME). First and foremost, participant's engagement in sports and non-competitive creative movements improves their health and mental wellbeing. Second, the Programme is designed to build agency, which means not only for participants to be able to make choices, but also to know that options exist. Citizens are encouraged to reflect on their sense of self, their values and views of society, their role in society and their life choices, by engaging them in activities that bring new values and beliefs (e.g. physical health and mental wellbeing, as well as individual and collective responsibility). This in turn enhances their capacity to aspire to new ways of behaving and thinking. The Programme further aims to support citizens' who are marginalized and who do not usually have awareness that they too have choices that exist beyond their daily habitual routines and decision making. The Programme envisages that when individuals' attitudes, values, beliefs and worldviews change, they will be a positive role model and can influence other citizens' individual attitudes and behaviours, which will in turn influence collective behaviour change (and vice versa), making the city a more healthy, peaceful and a safer place for all.

The ACDP activities are held in a supportive environment so the youth and participants also experience safe and peaceful spaces, both inside and outside of their home communities, in which emotions and interactions with other people are respectful and non-violent. The yoga component of the programme, for instance, aim to engage beneficiaries at the community level, so youth that don't usually participate at the Yu Yet programme can also participate or watch their peers participate. Yoga is the vehicle used to teach mind body stillness, self-reflection and bringing a sense of calm and peace. Because anyone can join these classes, the sessions are gentle and fun. These sessions give settlement dwellers something to do in the evenings. Youth see alternatives to the violent street life in the settlements and positively affect their physical and mental wellbeing.<sup>13</sup> In the case of the Youth of Change programme, the Programme's focus is on boosting the profiles of a targeted group of committed young people who would normally have no opportunity for formal employment or education to enable them to take a step further in their life's path into becoming not just yoga instructors, but actual role models for their communities. Although employment creation is not an ACDP priority, the Programme envisages that participating in these activities could also lead to longer-term employment opportunities for participants, particularly for marginalised youth improving their cognitive (knowledge, skills, and education - e.g. how to lead a yoga class, punctuality, cleanliness and non-cognitive (willingness and attitude - e.g. positive attitude towards work, proactivity, anger management, flexibility, etc.) skills to become more employable (Zheloukhova and Baczor, 2016). This is particularly relevant in a context where firms are reluctant to hire because they face challenges related to poor staff productivity (work ethic) and staff attendance/punctuality/appearance (Deloitte and UNDP, 2017).

The Programme also takes activities into settlements where policy makers, NGO's and officials would never normally go. The expectation is that walking in groups and engaging in communities through

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<sup>13</sup> Health and human service providers worldwide have expressed growing interest in the benefits of yoga to help people cope with the effects of chronic trauma or posttraumatic stress disorder (PTSD) resulting from violence including sexual violence.

volunteer networks fosters a shared feeling of community and pride in public spaces. Through mobilizing citizens in this way, ACDP aims to build a new collective experience and notion that 'public space' in their city and in their communities can be safe spaces and collectively-owned environments. Through Programme participation, citizens are given the chance to move freely, and to understand that public spaces are meant to be safe for everyone to use. A regular meet-up that could trigger conversations with unknown people - even those of different backgrounds - is envisaged to help foster communication outside of daily routines between people who normally do not cross paths. Moreover, if these walks also happen in locations or times which are widely perceived to be unsafe, it would demonstrate the potential for citizens to take ownership of public spaces. ACDP also aims to enable people who normally do not interact with each other in a healthy way, to start to work together. Through the common language of sports, which is inclusive and non-threatening nor competitive, participants can achieve a common goal in a safe setting and in a peaceful way.

The ACDP observed how youth conduct their daily life. It identified that although there were many interventions done in the past 45 years, unemployment and school dropouts continued to rise, and so did gender-based violence, destruction of public infrastructure and harassment in public places. Thus, conceptually speaking, the outline of how change is brought about is based on an understanding of how change happens and on conditions that need to happen for the intended change to take place. The Programme believes that all citizens are capable of and open to change. It goes further to understand that positive change can be achieved, despite the difficulties people face, if participants are guided in a fun and sportive process that accentuates people's strengths instead of their weakness and that takes place in safe and non-invasive environments. Also, it is expected that when individual attitudes and behaviour change, these will become embedded and sustained, and thus observable in changing social norms within and beyond communities. The more frequently citizens participate in Programme activities, the deeper the effects of the Programme will be.

# ANNEX B. EVALUATION METHODOLOGY

## Evaluation approach

A programme that aims to change deep-rooted attitudes, behaviours and actions of citizens needs to be evaluated with an approach and corresponding methods that can elucidate the full picture of what and how things have changed for the target groups. In order to assess these, this evaluation utilised PIALA (Participatory Impact Assessment and Learning Approach): a theory-based approach that draws mostly on 'realist' and 'transformative' evaluation traditions and is most suitable for evaluating system change and impact in contexts where conventional counterfactual approaches don't work well (e.g. due to high causal density, the absence of a valid baseline or point of comparison, or too small amounts of comparable cases).<sup>14</sup> PIALA offers a model for creatively combining different designs and methodologies to produce robust evidence and meaningfully engage stakeholders at a relatively large scale. PIALA is a systemic theory-based and participatory mixed-methods approach for addressing the challenges of impact evaluation in complex development contexts.

As a systems thinking approach, PIALA recognises that changes that the ACDP was set to achieve addressed only one system (N=1), namely the city of Port Moresby. Concretely, PIALA translates this into two methodological components. On one hand, in order to best account for potential positive and negative, intended and unintended effects and causal relations at a wider level, a systemic theory of change (cf. Section on 'Programme evaluative ToC') was used.<sup>15</sup> On the other hand, contribution to changes in the 'whole system' (the city as one) cannot be assessed with conventional counterfactual-based evaluation methods. Thus, this evaluation used mixed methods that allowed us to collect, link, and cross-check the data from stakeholders with different perspectives in a systematic and comparable way.

At the same time, we wanted this mixed-method approach to feed a participatory process of reflection about the Programme's contribution. By including diverse stakeholders at different stages of the evaluation process (particularly to contribute to the analysis during a participatory sense-making event) we aimed to include all the voices of the targeted populations and other interest groups who had a stake in making Port Moresby an active and engaged city.

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<sup>14</sup> For further information, see <https://collabimpact.org/piala> and refer to Van Hemelrijck (2013), Van Hemelrijck and Guijt (2016) and Van Hemelrijck (2017).

<sup>15</sup> Comparatively, other approaches consider only the direct contributions of a Programme isolated from the context they are embedded in.

## Evaluation hypotheses and research questions

In Table B1 below we translated the evaluation ToC outlined in Annex A above into a set of hypotheses and related research questions. Underpinning each hypothesis is also a set of assumptions that we made transparent and tested through the evaluation.

*Table B1. Evaluation hypotheses and research questions*

Hypothesis	Research questions	Underpinning assumptions
Impact level		
Individual citizen empowerment combined with strengthened public action/interaction will increase the safety, health and peacefulness of Port Moresby.	Has the ACDP contributed to empowering citizens through support to individual action? Are citizens taking more responsibility for their city and their living together and to what extent has the ACDP contributed to this change of impact?	Individual agency can be sufficient to bring individual change in contexts of high structural marginalisation/ lack of access to opportunities, including employment.
Outcome level		
Increased self-realisation (how citizens feel about themselves and their lives) through strengthened confidence and capacity to make choices is key to behaviour change amongst marginalised youth and citizens of Port Moresby.	<p>Has the ACDP contributed to changes in individual agency/cognitive skills? If so how?</p> <p>Do citizens have different aspirations and envisage different life choices?</p> <p>Has the ACDP advanced citizens' employability? If so how?</p> <p>Do citizens feel healthier?</p>	Programme activities are sufficient to build individual agency in contexts where daily realities promote and sustain habitual forms of behaviour.

## Evaluation methods

In order to explore these evaluation hypotheses and associated research questions, and test the underpinning assumptions, the evaluation adopted a methodology that combined and integrated two research methods tailored to the objectives of the evaluation. The use of several methods increases the robustness of the evaluation findings and introduces nuance to what could merely be some stakeholders' viewpoints.

## SenseMaker

The first of these methods utilised was **SenseMaker**<sup>16</sup> with primary stakeholders (direct Programme beneficiaries). This innovative method for mass-storytelling reveals aggregate patterns and trends in qualitative changes which cannot be elicited through conventional survey- and case study-based research methods. SenseMaker collects stories of change at a large scale from Programme beneficiaries. These stories are then “self-signified” by the storytellers themselves when responding to a set of questions that enables them to evaluate the meaning and significance of their stories from their own personal perspective, while at the same time allowing the evaluators to test the Programme ToC and hypotheses. SenseMaker was used to elicit ToC outcomes and a first grasp of changes at impact level. A patented software was used to analyse and visualise the resulting data patterns.

The main elements of the SenseMaker tool as applied in this evaluation were:

- a. A prompting question that invited participants to describe an event or a moment that happened in the past year when they felt that ACDP had an influence on their lives (be it positive or negative). In this evaluation, the prompting question was: "Think about your life and your well-being in Port Moresby. Can you describe an event or a moment that happened in the past year when you felt that the Active City Development Programme had an influence on your life? Describe what happened during that experience, why it was important and how it affected you, your family or your community."
- b. A multiple-choice section that allows for respondents to signify meaning to their stories, and
- c. A set of visual tools (triads, dyads) that covers the core components based on the ToC.<sup>17</sup>

The visual tools are represented with triangles (triads) and lines (dyads) which oppose three or two concepts respectively and allow for combinations of each and combinations of these variables. Such visualisations should allow for deeper reflection on the combination of possible answers and avoid fast, categorical responses. The responses to these signifier questions are directly related to the stories, thus they correspond to the respondent's perception about the experience they have narrated. Figure B1 shows an example: interviewees were asked to indicate if in the experience narrated, the change that ACDP brought about was related to personal change, to changing relationships between people or changing the city, or a combination of them.

Figure B1. Example of triad



## Outcome harvesting-inspired interviews

The second method utilised were Outcome Harvesting-inspired interviews with secondary stakeholders (indirect Programme beneficiaries). This is a tool for harvesting and analysing retrospectively changes

<sup>16</sup> For further information, see <https://cognitive-edge.com/sensemaker/> For this evaluation, the SenseMaker story collecting method need not be restricted to a one-off evaluative snapshot. ACDP is an emergent and organically changing programme. SenseMaker is an evaluative tool that can guide Programme learning and adaptation through ongoing Programme monitoring and evaluation.

<sup>17</sup> Annex D presents the instrument used in this evaluation.

in outcome programme contribution, which in this instance drew on secondary stakeholder analysis. These stakeholders were individuals with an interest in the Programme and its outcomes but who were not direct Programme beneficiaries. They included public officials, community leaders and key informants with an interest in and incentive to improve the urban quality of life. Outcome harvesting of data and analysis from these secondary stakeholders took place through a set of semi-structured interviews covering stakeholders that were purposefully sampled through a prior stakeholder mapping exercise conducted with ACDP Programme staff. These stakeholders were then also invited to the participatory sense making session described below.

Their points of view on changes at outcome level (both related and unrelated to ACDP) allowed us to see the bigger picture and add an additional layer of evidence and triangulate findings corresponding to primary beneficiaries' (obtained using SenseMaker) and Programme staff's perspectives on the ACDP. During the interviews the secondary stakeholder's perceptions of outcome-level changes in behaviour and relations were first elicited, then follow-up questions work 'backwards' towards assessing if and how the Programme has contributed to these changes. This approach contrasts with a classic sequence of first describing activities of a programme and then identifying intended change. This method thus allowed us to understand (intended and unintended, positive and negative) contributions of the Programme from a broader perspective, one which embedded ACDP's activities into the greater complex context of Port Moresby with its manifold influences on outcomes.<sup>18</sup>

## **Exploratory Data Analysis and Contribution Tracing**

After the first round of data collection, the Sensemaker quantitative data was analysed using simple exploratory data analysis. Together with the narratives and evidence generated during the Outcome Harvesting-inspired interviews, these were analysed using the Contribution Tracing method. The method reassembles the impact pathways through harvesting and linking evidence from different sources. It involves the systematic collation and cross-checking of evidence using a causal process observation tool, allowing us to identify where evidence gaps exist in order to establish the strength of findings about contributions to change. Each contribution claim maps on the ToC and is informed by the evidence collected using Sensemaker, OH-inspired interviews and direct observation.

## **Participatory sense-making<sup>19</sup>**

Once all existing data was analysed during a first round, a big two-day 'participatory sense-making' event was organised: a space in which all relevant stakeholders - governmental authorities, community leaders, international agencies, service providers, institutional partners and programme staff - were actively engaged in making sense of the emerging findings.<sup>20</sup> The sense-making event is an essential PIALA element. The purpose is to create a space for dialogue between stakeholders around the emerging evidence, in order to close the learning loop and enable people to take ownership of the

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<sup>18</sup> Further information on the full Outcome Harvesting method can be found in Wilson-Grau and Britt (2013) and World Bank (2014).

<sup>19</sup> 'Sense-making' - a process of multi-stakeholder reflection - is not to be confused with the SenseMaker storytelling method used for data collection in this evaluation.

<sup>20</sup> Although it was beyond the scope of the evaluation, we recommend that in addition to this big multi-stakeholder sense making event, ACDP Programme staff additionally facilitate participatory feedback sessions with primary beneficiaries *in their own communities*.

Through these sessions, the results of the SenseMaker data aggregation and analysis can be fed back to groups of beneficiaries to enable participatory group-based discussion and analysis of the results, deepen evaluative insight and empower participants to own the data and take action for change by themselves.

evaluation findings. This process allows for increased ownership of the initial findings while generating another layer of perceptual and visual data and insights. Emerging evidence from the sense making event allowed to further cross-check and validate findings from the SenseMaker and the Outcome-Harvesting inspired interviews, using the collective intelligence and diverse point of views of stakeholders. In particular, attendants were able to confirm or reject, as well as score ACDP's contributions to intended outcomes.

All evidence was considered useful data to enrich the picture before turning to the final analysis. The final analysis consisted of revisiting initial findings using evidence generated during the participatory sense-making event. Findings were either confirmed or contested, and a deeper understanding of certain phenomena was given to the evaluation team by all stakeholders.

The data collection and analysis were not, in other words, a mere extractive exercise; it also aimed to empower people in the process. By shifting people's engagement in evaluations from passive to active, we created opportunities for local agency, supporting empowerment. We asked questions that allowed us to reflect on what participants had gone through, and even more so, where they wanted to be.

## Sampling strategy

The evaluation sampling strategy ensured the inclusion of all stakeholder groups at different stages of the evaluation. The sampling strategy was twofold and corresponded to the selected data collection methods. A total of 22 secondary stakeholders were consulted using Outcome Harvesting-inspired interviews and 428 people responded to the SenseMaker instrument (of which 71% were women).

The sampling of individuals for Outcome Harvesting-inspired interviews was based on an initial round of secondary stakeholder analysis conducted with ACDP managers. Secondary stakeholders were purposefully selected to cover a wide range of interests and who had different opinions and viewpoints on the ACDP. These stakeholders allowed us to position ACDP's contribution to change within a more systemic perspective on changes happening (or not) in the city. Some 22 of the selected stakeholders were interested and available to share their perceptions and insights with the evaluation team (see Annex 2 for full list of interviewees).

To undertake a comparative evaluation of the contribution of the ACDP to change on primary stakeholders (direct beneficiaries) with different backgrounds and experiences of Programme exposure, the initial sampling strategy for SenseMaker considered several typologies of beneficiary according to exposure to different activities/ mixes of activity:

- Yu Yet Programme (at city level, at community level, for youth, in prisons, in schools),
- Walks (at city and community level),
- Other non-competitive sports and movement activities, and
- Youth Of Change Teacher training Programme to become yoga instructors (Youth Empowerment & Transformation Programme).

In addition to this comparative analysis by type of exposure we also considered if longer and more frequent participation in activities results in 'deeper' changes. Thus, the initial sampling strategy

captured these two elements as well. Table B2 shows the categorization for sample stratification, with actual total amount of participants listed against each activity type.

*Table B2. Total number of activity participants*

Activity	Participated in ACDP >1 year	Participated in ACDP <=1year	Total
Other non-competitive sports	70	120	190
Walks (city + community)	500	500	1000
Yu Yet activities	205	150	355
Youth Of Change training for yoga instructors	0	70	70

**Source:** Compiled from ACDP administrative data and programme management input

Nevertheless, during the data collection, it became clear that it was not the type of activity in which people participated that was relevant for the analysis, but the type of participant. Participants most often engaged in more several (except for Yoga in Schools and Bomana Prison Yoga participants), as can be seen in the substantial overlaps in the following Venn Diagram (Figure B2).

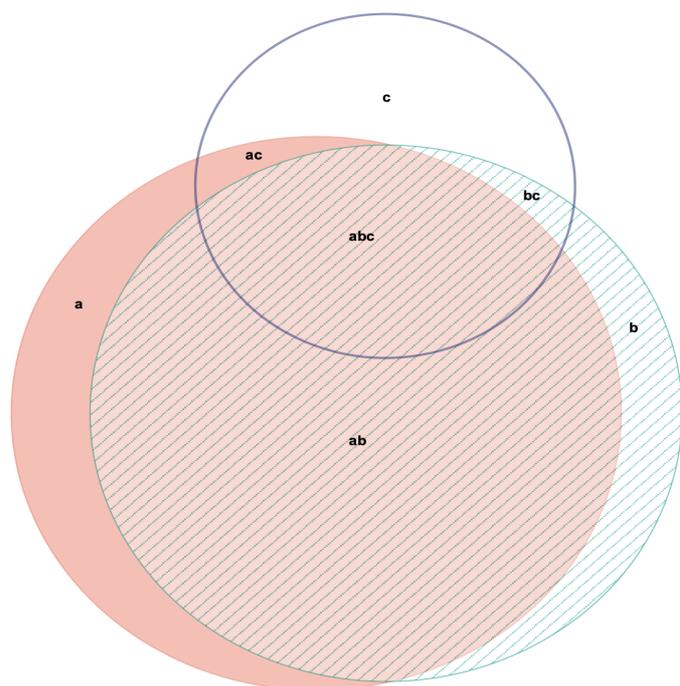
Participants groups who engaged in the same activities had common demographic characteristics, distinct motivating factors to participate and particular effects on their lives. The final sampling was thus stratified as follows:

- Walk and Yoga for Life (City-wide engagement);
- Community activities, such as yoga and non-competitive sports classes, walks and Clean City Campaign<sup>21</sup>;
- Special target groups
  - Youth-focused programmes (Youth Empowerment and Transformation, Youth of Change and People Positive Project)
  - Bomana Prison Yoga classes for juvenile and female inmates
  - Yoga in schools (when necessary, this group was considered separately as it sometimes skewed results due to the number of students interviewed).

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<sup>21</sup> Participants made a clear link in their minds between the ACDP and Clean City Campaign, even though the Campaign is not officially part of the Programme.

**Figure B2.** ACDP activity grouping overlaps excluding on-site targeted participants (Bomana Prison and Yoga in Schools)



### Legend

a	City	Walk and Yoga for Life (WYFL)
b	Community	Yoga and other non-competitive sports, walks, Clean City Campaign <sup>22</sup>
c	Special target groups	Youth Empowerment & Transformation, Youth of Change, People's Positive Project, Bomana Prison Yoga, Yoga in schools)
ab	CityComm	People who participate in WYFL as well as in activities at community level [Overlap of a and b]
ac	CitySpecial	People who participate in WYFL and activities focused on special target groups [Overlap of a and c]
bc	CommSpecial	People who participate in activities at community level and activities focused on special target groups [Overlap of b and c]
abc	Comprehensive	People who participate in WYFL, in activities at community level and activities focused on special target groups [Overlap of a, b and c]

Source: Authors

<sup>22</sup> While this campaign was not officially part of the ACDP, participants who engaged in these activities made a clear link in their minds between the ACDP and Clean City Campaign.

Some 428 people were interviewed using SenseMaker, of which 71% were women. In order to ensure confidence in the patterns and trends emerging from the SenseMaker story telling, a minimum of 80 stories was needed per category. In those cases where there were less than 80 stories, we interviewed the totality of participants.

*Figure B3. Final evaluation sample of Sensemaker*

<b>Grouping according to Venn Diagram (Figure B2)</b>	<b>Participated in ACDP &gt;1 year</b>	<b>Participated in ACDP &lt;=1year</b>	<b>Total</b>
(a) Walk and Yoga For Life (City-wide)	16	19	35
(b) Community activities <sup>23</sup>	12	14	26
(c) Special target groups	31	11	42
(ab) City + community activities	42	103	145
(ac) City + special target group activities	14	5	19
(bc) Community and special target group activities	9	3	12
(abc) All activities (center)	18	40	58
Yoga in School	87	4	91
<b>Grand Total</b>	<b>229</b>	<b>199</b>	<b>428</b>

Source: Authors

For all groups a distinction was made in terms of how long participants have been engaged in each activity. The changes of the ACDP were expected to happen at a systemic level, which means that the city as a whole needed to transform. Every citizen of Port Moresby had been invited to participate in ACDP activities, thus every citizen could directly or indirectly be affected by the Programme. Consequently, it was not feasible to create a perfect counterfactual situation to compare people who had been exposed to the Programme with those who had not. The complexity of such an analysis overruled the feasibility of a study that would be able to find those individuals who had not been at all affected by the Programme. For this evaluation we thus compared participants with a 'low' exposure to the Programme (little frequency and less than a year...) with those who have been much exposed (high frequency and more than a year). Table B3 shows the corresponding samples.

<sup>23</sup> This includes participation in the Clean City Campaign.

## Risks and limitations to the evaluation

### Design limitations

The programme design and context made it impossible to conduct a quantitative counterfactual analysis. First, the Programme lacked baseline data necessary for a quantitative comparison of change. Second, and in line with the Programme's ToC, even settlement communities that had not been directly reached by the Programme were to some extent indirectly influenced by Programme activities, making it inappropriate to identify comparison (control) as part of a counterfactual analysis. In order to assess the outcomes and impact of the ACDP, we thus compared stories from activity participants with more limited exposure to the Programme (in terms of frequency and length of their engagement in Programme activities) with those who had been more actively engaged over a longer time period. In some cases, this meant that there were less than ideal amounts of people in each sampled subgroup. The analysis in these cases therefore considered other variables to understand any resulting change.

The use of an innovative storytelling method brought challenges, centred on the need to establish a shared understanding amongst enumerators and storytellers of the concepts underpinning each signification question. The team was able to manage this risk reasonably effectively by implementing a pilot phase during which questions were reviewed and revised and during which the research team developed a clear shared understanding of the concepts.

Assessing highly theoretical concepts still proved difficult as PNG society's culture relates more strongly to action rather than conceptual thinking. As a result, one or two questions were conceptually confusing for storytellers. The challenge for enumerators was thus to explain ideas without using concrete examples that might steer and therefore bias the storytellers' choice of signification.

### Implementation limitations

The challenge of reaching targeted beneficiaries from each subgroup in contexts where people were busy and unavailable or were in communities that were hard to reach, particularly during regular outbreaks of violence. We were able to effectively mitigate this risk by utilising a field research team drawn from a mixed social background and able to move relatively freely within and between settlements.

The timing of the evaluation coincided with a period in which the next phase of the Programme was being officially tendered, with some activities as a result underfunded during this time. This temporarily negatively affected attendance levels in some Programme activities from which interviewees were to be sampled. Because a political leader initiated the Walk component of the programme, answers might have been swayed in favour of or against this particular leader associated with the Programme, instead of the actual focus of this evaluation, which was to assess its impact on the lives of citizens of Port Moresby. Participants of ACDP activities might have wanted to support the Programme and were thus biased to give a particularly positive image thereof.

ACDP was embedded in a highly politicized context. Stakeholders were positioned differently in relation to the Programme and thus had strong and varying opinions about its functioning and impact. In order to make sure that the findings were as objective as possible, people with a range of positions and

perceptions were interviewed and invited to the sense-making event. Unfortunately, a limited number of public officials and stakeholders from the private sector were available for the full duration of the event.

Finally, this politicized - and highly gendered - context also had implications for the way in which primary stakeholders felt able to speak about their perceptions. This meant that the evaluation team needed to ensure that respondents were comfortable and safe sharing their stories. Enumerators were trained to construct safe spaces for storytelling to ensure that people could speak freely. Although the enumerator team was not gender-balanced, two women participated in the team to give female respondents the option of participating in interaction with another woman if they preferred to do so.

## ANNEX C. LIST OF INTERVIEWEES

Date	Name	Position
22/09/2019	Helen Ilivitaro	Senior Magistrate, Kellgere Village Court and Ward 3 Counsellor
23/09/2019	Silas Dina	Community Leader, House Fire community
23/09/2019	Pastor Pokama Walo	Pastor, Two Mile community
24/09/2019	Jadia	Police Officer at Juvenile Bomana Prison
24/09/2019	Bernard Kipit Augustin Ravi	NCDC City Manager NCDC Finance Manager
24/09/2019	Claudia Towak	NCDC Events Manager
24/09/2019	Helen Kali	Women's Association Leader, Nine Mile Police Barracks community
25/09/2019	Elice Siki Evelyn Gull Janet Quike Naomi Teine	NCDC Women's Commissioner Team Maroon Operation Manager Team Maroon North East Coordinator Team Maroon North West Coordinator
25/09/2019	Steven Tegeni	ACDP Yoga Instructor
25/09/2019	Elisabeth Viviso	Main WYFL Coordinator
26/09/2019	Joe Malowak	Community leader and Husband of 'Red corners' woman (women's group at Kaugere)
26/09/2019	Anderson Kalo	Community leader, Kaugere and Area Coordinator for MP and Governor
26/09/2019	Paul Sipa	Bay Watch Beach Clean Team Leader
26/09/2019	Kathy Kiage	Kone community leader and Ward 2 ( PM South)
27/09/2019	Hardy Wappe	'Former' Yoga teacher (one of the first ones)
29/09/2019	Focus Group	Team White community leaders, 8 Mile community
29/09/2019	Lexsy Dobo	Youth organiser Poreporena
30/09/2019	Miss Patenge	Principal, CARITAS school
01/10/2019	Gov. Powes Parkop	Governor City of Port Moresby

# ANNEX D. SENSEMAKER INSTRUMENT

VOICES  
THAT  
COUNT

Date:

Enumerator:

Interview No.:

Data Entered? (Y/N):



**In which activities of Active City are you participating?**

*TICK ALL OPTIONS THAT APPLY*

- |   |   |
|---|---|
| <input type="checkbox"/> Walk and Yoga for Life             | <input type="checkbox"/> Bomana Prison Yoga                         |
| <input type="checkbox"/> Community Walk for Life in suburbs | <input type="checkbox"/> Yoga in schools                            |
| <input type="checkbox"/> Youth Empowerment & Transformation | <input type="checkbox"/> Community classes in communities & suburbs |
| <input type="checkbox"/> People Positive Project            | <input type="checkbox"/> Clean City Campaign                        |
| <input type="checkbox"/> Youth of Change                    |   |
| <input type="checkbox"/> Community Yoga Class               |   |

## SHARE YOUR STORY

Think about your life and your well-being in Port Moresby.

Can you describe an event or a moment that happened in the past year when you felt that Active City Development Program had an influence on your life?

*Describe what happened during that experience, why it was important and how it affected you, your family or your community.*



What title would you give your story?

**📌 Please answer the following questions in relation to your story**

**1. My experience was mainly related to the following Active City Program activity (1 answer)**

- Walk and Yoga for Life
- Community Walk for Life in suburbs
- Youth Empowerment & Transformation
- People Positive Project
- Youth of Change
- Community Yoga Class
- Bomana Prison Yoga
- Yoga in schools
- Community classes in communities & suburbs
- Clean City Cam

**4. Do I think that other people have a similar experience as I described in my story? (1 answer)**

- No, I am the one that experienced this
- Some other people experience this as well
- Lots of people experience this
- I don't know

**6. What is the feeling associated with my story? (max. 2 answers)**

- Happy
- Hopeful
- Proud
- Worried
- Sad
- Angry

**2. Is this a positive or negative story, or both? (1 answer)**

- Positive
- Negative
- Both positive and negative

**3. My experience affects mainly ... (max. 1 answer)**

- Myself
- My family
- My community

**5. My story was influenced by... (max. 2 answers)**

- Where I live in the city
- My background
- My family situation
- My gender
- My education / competencies
- My financial situation
- My interests / ambitions
- My health/ body
- Other: ...

**7. What happened in my story had ... (max. 1 answer)**

- No effect on my life
- Little effect on my life
- Some effect on my life
- A lot of effect on my life

**8. Any change as a result of what happened in my story is ...**

permanent  temporary

N/A

**9. What I described in my story, ...**

only affects the individual level  affects the entire community

N/A

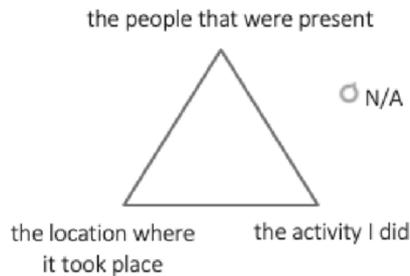
**10. The outcome of your story ...**

would also have happened without the Active City Program  would not have been possible without the Active City Program

N/A



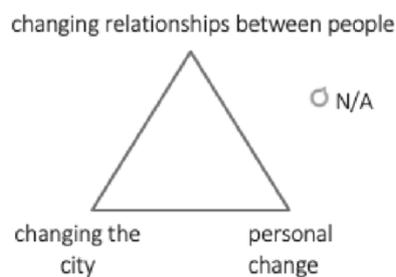
**11. The situation in my story is influenced by ...**



**12. What mattered in my story was ...**



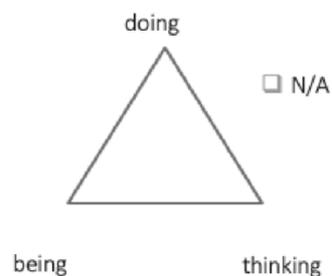
**13. In my story, the change that Active City brings is about ...**



**14. The situation in my story was mainly influenced by ...**



**15. My experience influenced my ...**



**16. In the future, the type of changes described in my story are most likely to contribute to ... (if applicable)**



**17. The factor(s) that limited / hindered my experience was/were (max. 2 answers)...**

- Time
- Money
- Safety
- Family
- Education
- Competences
- My gender
- Peer group / community
- Other: .....
- None

**18. What happened in my story mainly influenced (max. 2 answers)...**

- My physical health
- My mindset
- My emotional wellbeing
- My ambitions / dreams
- My relationships
- Employment / employment prospects
- Education
- Other...
- None



## ✓ About the Active City Program

**19. In relation to the Active City Program, what is the impact of the following aspects in your life (Position A, B, C, D, E on the slider). (YOU CAN PUT MORE THAN ONE LETTER ON EACH NUMBER).**

- A** Fitness & personal hygiene      **C** Confidence dealing with other people      **E** Employment / Employment prospects  
**B** Self-confidence / inner strength      **D** Education / skills

No impact in my life                      Lots of impact in my life

**20. In your view, what needs to be improved to make Active City Program more effective? (YOU CAN PUT MORE THAN ONE LETTER ON EACH NUMBER).**

- A** Number &/or quality of trainers/facilitators/volunteers      **C** The way things are organized      **E** Employment opportunities  
**B** Support from the City Government      **D** More funding

Doesn't need to change                      Needs to change a lot

## ✓ About you

**21. What's your age?**

- 16-25 years old  
 26- 40 years old  
 41-65 years old  
 Over 65 years old

**22. Gender ?**

- Male  
 Female

**23. Where do you live?**

- Moresby South  
 Moresby North East  
 Moresby North West

**24. Highest level of education?**

- No education/ primary school  
 Lower secondary school  
 Higher secondary school  
 College or University

**25. How long have you been in the Active City program?**

- < 1 year  
 1-3 years  
 > 3 years

**26. How often do you participate in the Active City program?**

- 1x/week or more  
 1x/month  
 A few times/year

Thank you for your collaboration

