

INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

06 APRIL 2026



DID YOU KNOW?



The 2026 International Day of Sport for Development and Peace focuses on “Sport: Building Bridges, Breaking Barriers.” It highlights sport’s power to connect people, create inclusion, and promote peace. Because sport crosses cultural and social boundaries, it can reduce isolation, encourage dialogue, and build solidarity. The day highlights how sport supports the 2030 Agenda for Sustainable Development, especially in health, gender equality, reduced inequalities, and peaceful societies. Overall, it shows that sport can help break down barriers and create opportunities for everyone, leaving no one behind. At GWI, we highlight that centering women and girls in sport can unlock education opportunities, protect their health and safety, and support confidence growth where sport creates connection.

Source: United Nations



INTERESTING READ

The infographic, a Graduate Women International release from last year's International Day of Sport for Development and Peace, reveals the persistent barriers girls face in sport, such as harmful stereotypes, a lack of female role models, unequal access to physical education, and menstruation-related challenges that limit participation. Yet it also showcases sport's transformative potential. It boosts physical and mental health, builds self-esteem, and opens doors to learning and leadership. When girls participate equally, sport delivers far more than exercise, it unlocks vital opportunities for education, empowerment, and lasting change in their communities.



ADVOCACY IDEAS



Sports Tournaments for Peace

Organize friendly matches in schools, communities, or clubs to promote unity and dialogue.



Share on Social Media

Share the stories of female athletes, referees, and who used sport to advocate for a cause.



Safer Spaces

Advocate for safe, inclusive spaces where girls can participate fully.

