



## **SDG 3 - Good Health and Well-being**

### **Equator University of Science and Technology**

### **Times Higher Education Sustainability Impact Ratings 2026**

#### **3.3.3: Shared Sports Facilities**

##### **Statement:**

The Equator University of Science and Technology (EQUaT) shares its sports facilities with the local community. These facilities provide opportunities for football, recreational games, and other outdoor activities, encouraging physical fitness and healthy lifestyles. By opening its resources to the public, often free of charge, EQUaT strengthens community ties, promotes social interaction, and contributes to the overall well-being of both students and local residents.

##### **Shared Use of Sports Facilities with Local Community and Masaka Regional Referral Hospital**

The Equator University of Science and Technology (EQUaT) shares its football pitch with the Masaka Regional Referral Hospital (MRRH) and the Kigamba Village community in Masaka City. The facility is freely accessible and open for public use without any fees, ensuring that both the hospital community and local residents benefit from a safe and inclusive space for sports and recreation.

This initiative demonstrates EQUaT's commitment to promoting physical health, social interaction, and community well-being by making its sports infrastructure available beyond the university population.

##### **EQUaT Football Match with HAMSA**

The Equator University of Science and Technology (EQUaT) hosted a friendly football match with Habib Medical Students Association (HAMSA) in Kampala, utilizing university sports facilities to promote physical activity, teamwork, and inter-institutional collaboration. The event encouraged networking between students from different universities and highlighted the potential for EQUaT's facilities to support regional sports initiatives.

While primarily an inter-university activity, the match contributed to broader outreach by showcasing how university sports infrastructure can be shared to foster engagement, healthy competition, and collaboration beyond the campus. The event also laid the groundwork for hosting larger regional sports events in the future.



**Evidence:**

<https://equsat.ac.ug/news/eqsat-students-play-friendly-match-with-habib-medical-students-association-in-kampala>

**EQUaT Mbarara Day Out**

The Equator University of Science and Technology (EQUaT) students participated in a day-long outing in Mbarara that combined recreation and community sports engagement. A highlight of the day was a football match with Biharwe Football Club, a local team competing in Uganda's Big League. This collaboration fostered physical activity, teamwork, and connections between students and the local community.

Additional recreational activities, including horse-riding, swimming, and board games, complemented the sports engagement, providing students with opportunities for social interaction and holistic well-being. The event exemplified EQUaT's commitment to promoting healthy lifestyles and encouraging community participation.

**Evidence:**

<https://equsat.ac.ug/news/eqsat-students-hold-outing-engage-in-sports-and-recreational-activities>