

TEMPLATE FOR REPORTING ON RECENT INITIATIVES ON SPORT FOR DEVELOPMENT AND PEACE

Community Taekwondo

Summary: Community Taekwondo, a [BBC award-winning project](#) based in Brazil, empowers children and youth in Rio de Janeiro's underprivileged communities, fostering physical activity and social inclusion through free taekwondo training and educational support. Recognizing the broader needs of these communities, the program also raises awareness about critical issues like climate change, environmental protection and human rights, inspiring participants to become agents of positive change. Operating through activity hubs established in collaboration with local partners, the initiative has directly benefited over 300 children and youth from January 2022 to February 2024, demonstrating its significant impact in empowering individuals and fostering a more inclusive and sustainable future for these communities.

Please provide more details on each initiative including items below:		
Objective(s):	<i>Please indicate which, if any, of the following fall among the main objectives of the initiative:</i>	
	<ul style="list-style-type: none"> Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) 	<ul style="list-style-type: none"> Eradicating poverty and promoting prosperity
	<ul style="list-style-type: none"> Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development 	<ul style="list-style-type: none"> Conflict prevention/peace building
	<ul style="list-style-type: none"> Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> Reinforce the 2030 Agenda and eradicate poverty in times of multiple crises, leading to the effective delivery of sustainable, resilient, and innovative solutions 	<ul style="list-style-type: none"> Safeguarding sport from corruption and crime
<ul style="list-style-type: none"> Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> Other (please specify): Utilize sports to promote environmental protection and climate action 	

<p>Situation</p>	<p><i>What is the challenge or problem that the initiative aims to address?</i></p> <p>The Community Taekwondo project aims to tackle a range of challenges in Rio de Janeiro's vulnerable communities. It addresses the issue of physical inactivity among children and youth by providing a safe space for free taekwondo training. The program also focuses on combating social exclusion by fostering a supportive community environment. Recognizing educational gaps, Community Taekwondo integrates educational activities to enhance participants' learning experiences. Additionally, the initiative raises awareness on critical issues like climate change, environmental protection, and human rights, empowering participants to become agents of positive change. By promoting social inclusion, empowerment, environmental awareness, and equality through sport, it seeks to bridge societal gaps and help achieve the SDGs.</p>
<p>Implementation mechanisms:</p>	<p><i>What are the means/processes of implementation of the initiative?</i></p> <p>The implementation of the Community Taekwondo project involves a multifaceted approach aimed at maximizing impact and community integration. The activity hubs are strategically implemented through collaborative partnerships with local facilities, which generously provide spaces for the program's activities. These partnerships are crucial, as they enable the initiative to establish hubs in close proximity to the communities it seeks to support. By borrowing spaces from these local facilities, Community Taekwondo ensures that its hubs are easily accessible and embedded within the fabric of the targeted communities. Our unique programs blend physical activity, education, and environmental awareness, led by trained and qualified volunteers. This empowers individuals to overcome societal challenges and break cycles of disadvantage.</p> <p>In response to the pandemic, we implemented an online platform and remote activities for our beneficiaries. This technology-driven adaptation not only ensured the uninterrupted progression of our programs but also fostered resilience among our beneficiaries during these challenging times. Now, as we move forward, we continue to explore innovative ways to utilize technology to broaden our reach, enhance learning experiences, and further strengthen community engagement.</p> <p><i>What are the main deliverables/activities involved?</i></p> <ul style="list-style-type: none"> • Establishment of activity hubs: Collaborative partnerships with local facilities to implement hubs. • Regular free sport classes: Regular sessions conducted at the activity hubs focused on providing physical activity opportunities for children and youth. • Educational activities: Enriching participants' learning experiences within the hubs, addressing educational gaps and promoting overall development. • Awareness activities: Initiatives highlighting critical issues (e.g., environmental problems, climate change, human rights, violence prevention, drug abuse), fostering awareness and a sense of responsibility among participants.

	<ul style="list-style-type: none"> • Use of Technology: Integration of technology, such as virtual reality, to enhance participants’ learning experiences, and stay connected while participating remotely, ensuring continuity of support and engagement, especially during the COVID-19 pandemic. • Sports Festivals: Combine fun and competitive sports activities with interactive educational workshops, themed challenges, inspiring talks, SDG-focused stations, and post-festival community service projects, empowering participants to connect sports with education and positive social change. • Community environmental activities: Organize sessions where participants learn about the importance of the environment, engage in planting activities, fostering environmental responsibility, improving the local communities, and creating a lasting impact. • Volunteer opportunities: Encourage participants and community members to give back to their communities. • Intercultural exchange activities: Partner with other communities or organizations, in Brazil and abroad, to organize cultural events and activities that promote understanding and respect. <p><i>What is the time frame of implementation?</i></p> <p>While this report focuses on the project's ongoing commitment and significant developments achieved between January 2022 and February 2024, it has been implemented annually since its inception in the year 2000. Each implementation cycle spans from the beginning of the year to the end, encompassing a yearly timeframe. The project is consistently renewed and revitalized on an annual basis, ensuring its relevance and adaptability to the evolving needs of the communities it assists.</p>
Target Audience(s):	<p><i>Who are the beneficiaries of the proposed/implemented initiative?</i></p> <p>Community Taekwondo assists a diverse range of beneficiaries in Rio's deprived communities, focusing on children and youth aged 5 to 29 from low-income backgrounds. Since January 2022, 300 children and youth have directly benefited from the project, with girls particularly encouraged to participate. This represents a significant increase in engagement, demonstrating the project's growing impact on the community.</p>
Partners/Funding:	<p><i>Who are the main organizations/entities involved in the initiative and what are their roles?</i></p> <ul style="list-style-type: none"> • Madureira Park: Serves as a local facility and partner in the establishment of one activity hub. The park provides a safe and accessible space for sports training, contributing significantly to the well-being of participants. • Delfim Mais Vida: Plays a crucial role by offering a local facility to host events and various activities associated with Community Taekwondo.

	<ul style="list-style-type: none"> • Dossel Project: This reforestation initiative is an essential collaborator that supports environmental sustainability within the Community Taekwondo project. By planting trees and restoring areas together with us, the Dossel Project aligns with the initiative’s broader goals, emphasizing the interconnectedness of social development and environmental responsibility. • Atados: Functions as a pivotal partner by providing a platform for the recruitment of local volunteers. Atados’ involvement facilitates community engagement and support, ensuring the sustained success of Community Taekwondo. Volunteers contribute valuable time and skills, enhancing the overall impact of the initiative. <p><i>What are the main sources of funding of the initiative?</i></p> <p>Local companies and individual donors.</p>
<p>SDG Alignment:</p>	<p><i>To what SDG goal/target/indicator is this initiative targeted?</i></p> <ul style="list-style-type: none"> • SDG 3.5 (Good Health and Well-being): <ul style="list-style-type: none"> • Target: “Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.” • Addressed by providing a positive and constructive outlet for children and youth through sport, contributing to the prevention of negative behaviors like substance abuse. • SDG 4.7 (Quality Education): <ul style="list-style-type: none"> • Target: “By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development.” • Addressed by integrating educational activities into the sport program, enhancing participants’ knowledge and skills for holistic development. • SDG 5.1 (Gender Equality): <ul style="list-style-type: none"> • Target: “End all forms of discrimination against all women and girls everywhere.” • Addressed by actively encouraging the participation of girls in the taekwondo program, fostering gender inclusivity and combating discrimination. • SDG 6.b (Clean Water and Sanitation): <ul style="list-style-type: none"> • Target: “Support and strengthen the participation of local communities in improving water and sanitation management.” • Addressed by fostering community engagement and responsibility, which can positively impact local water and sanitation management. • SDG 12.8 (Responsible Consumption and Production): <ul style="list-style-type: none"> • Target: “By 2030, ensure that people everywhere have the relevant information and awareness for sustainable development and lifestyles in harmony with nature.” • Addressed by raising awareness on critical issues like environmental problems, climate change, and the importance of responsible consumption.

	<ul style="list-style-type: none"> • SDG 13.3 (Climate Action): <ul style="list-style-type: none"> • Target: “Improve education, awareness-raising, and human and institutional capacity on climate change mitigation, adaptation, impact reduction, and early warning.” • Addressed through reforestation efforts and environmental awareness activities. • SDG 16.1 (Peace, Justice, and Strong Institutions): <ul style="list-style-type: none"> • Target: “Significantly reduce all forms of violence and related death rates everywhere.” • Addressed by promoting peace-building through community engagement, social inclusion, and empowerment, contributing to the reduction of violence. <p><i>Please indicate any other national or internationally agreed goals/commitments to which this initiative is aligned.</i></p> <p>-</p>
<p>Alignment with global frameworks:</p>	<p><i>How does this initiative align with/contribute to the objectives of the <u>Kazan Action Plan</u>, <u>WHO Global Action Plan on Physical Activity</u> or other related internationally agreed frameworks on sport and/or physical activity?</i></p> <ol style="list-style-type: none"> 1. WHO Global Action Plan on Physical Activity: <ul style="list-style-type: none"> • Objectives 1.1 and 1.2 - Conduct campaigns: the initiative involves running community-based campaigns to enhance awareness and understanding of the benefits of physical activity. • Objectives 1.3, 3.3, 3.5 and 3.6 - Develop and implement community-based physical activity programs: The initiative directly fulfills this recommendation by offering free sport classes in vulnerable communities, implementing regular sport initiatives in public spaces, as well as in private and public workplaces, community centres, recreation and sports facilities, and faith-based centres, collaborating with other groups to expand its reach and impact. • Objectives 4.1, 4.4 and 4.5 - Advocate for policies that promote physical activity: The initiative raises awareness about the importance of physical activity, particularly for marginalized communities, and advocates for policies that support safe and accessible spaces for sports and exercise. 2. Sports for Nature Framework: <ul style="list-style-type: none"> • Goal 2 - Restore and Regenerate Nature: the initiative contributes to restoring and regenerating nature by planting trees and restoring areas, aligning with the framework's emphasis on positive actions for biodiversity. • Goal 4 - Educate and Inspire Positive Action: the initiative actively incorporates environmental awareness activities into its curriculum. By educating participants about critical issues like environmental problems, climate change, and deforestation, the initiative inspires positive action for nature across and beyond the sport.

	<p>The initiative’s experiences, lessons learned, and best practices, particularly regarding promoting physical activity and community engagement in challenging contexts, could bring valuable contributions to the Kazan Action Plan. By sharing its insights, the initiative can contribute to a broader resource pool that benefits other stakeholders working towards similar goals.</p>
<p>Alignment with United Nations Action Plan on SDP:</p>	<p><i>Which of the four thematic areas of the <u>UN Action Plan on Sport for Development and Peace</u> is this initiative designed to align?</i></p> <p>Our initiative, while operating at the local level, is designed to contribute meaningfully to Action Area #1: Global Framework for Sport for Development and Peace in the following ways:</p> <p>1. Fostering Collaboration and Information Sharing:</p> <ul style="list-style-type: none"> • Engaging with Networks: We actively participate in relevant networks and platforms dedicated to sport for development and peace. This allows us to share our experiences and best practices with other organizations and stakeholders, contributing to collective knowledge and creating a common understanding of sport's role in achieving development goals. <p>2. Aligning with Global Frameworks:</p> <ul style="list-style-type: none"> • Integrating SDGs: We integrate the Sustainable Development Goals (SDGs) into our project activities, using sports activities to promote environmental awareness (SDG 13), gender equality (SDG 5), peacebuilding (SDG 16), health and well-being (SDG 3), and more. <p>3. Recognizing Limitations and Future Goals:</p> <ul style="list-style-type: none"> • We acknowledge that our project operates at the local level and may not directly contribute to comprehensive stakeholder coordination at the global scale as envisioned by Action Area #1. However, we believe that by sharing our experiences and advocating for the positive impact of sport at the community level, we can contribute indirectly to the broader goals of the Action Plan. • Looking forward, we aim to expand our collaboration with other organizations working in the field and explore opportunities to contribute our experiences to a wider audience, potentially through international platforms or conferences. This will allow us to contribute more actively to the global framework for sport for development and peace.

	<p><i>To which action area(s) of the Plan is this initiative designed to contribute?</i></p> <p>The initiative incorporates various elements that indirectly contribute to the UN Action Plan on Sport for Development and Peace:</p> <ul style="list-style-type: none"> • Line of Action 1 (Global Framework): The initiative’s best practices and lessons learned are shared through networks and platforms, contributing to the broader knowledge base of the field. • Line of Action 2 (Policy Development): The initiative advocates for local policies and initiatives that support sport for development and peace goals, creating a more supportive environment for grassroots sports projects. • Line of Action 3 (Resource Mobilization): The initiative explores sustainable funding models like crowdfunding, partnerships with local businesses, and resource-sharing within the community. • Line of Action 4 (Evidence of Impact): The initiative tracks key indicators of progress even with limited resources, demonstrating the project's effectiveness and contributing to a broader understanding of grassroots impact.
<p>Outcomes:</p>	<p><i>What are the expected/actual outcomes of the initiative?</i></p> <ul style="list-style-type: none"> • 300 children and youth from deprived communities benefited from the program between January 2022 and February 2024. • 42 trees were planted by the project’s beneficiaries. • The initiative encouraged girls' participation in sports and leadership development opportunities. • Increased physical activity levels, reduced risk of chronic diseases, improved motor skills and coordination. • Development of critical thinking, teamwork, communication, and leadership skills. • Improved academic performance and school enrollment. • Increased confidence, self-esteem, and leadership potential, fostering social inclusion and gender equality through mixed-gender participation. • Strengthening social cohesion, promoting peaceful conflict resolution skills, contributing to positive community development in deprived areas.
<p>Mechanism for monitoring and evaluating implementation:</p>	<p><i>What are the mechanisms for monitoring and evaluating the implementation, outcomes and impact of the initiative?</i></p> <p>The M&E mechanisms for the initiative are designed to comprehensively assess the implementation, outcomes, and overall impact of the program. The following key mechanisms are employed:</p> <ul style="list-style-type: none"> • Data Collection and Reporting:

	<ul style="list-style-type: none"> ○ Regular data collection on participant demographics, attendance, and engagement levels. ○ Periodic reporting on educational activities, sport training sessions, and events hosted at the activity hubs. <ul style="list-style-type: none"> ● Performance Metrics: <ul style="list-style-type: none"> ○ Development and tracking of performance metrics related to physical activity levels, skill progression in taekwondo, and educational performance. ○ Measurement of the number of trees planted. ● Participant Surveys and Feedback: <ul style="list-style-type: none"> ○ Conducting surveys among participants and their families to gather feedback on the perceived benefits, challenges faced, and areas for improvement. ○ Analyzing participant testimonials and success stories to understand the qualitative impact of the initiative. ● Volunteer Engagement Metrics: <ul style="list-style-type: none"> ○ Monitoring volunteer recruitment and participation. ○ Assessing the effectiveness of volunteer engagement in supporting the initiative's activities. ● Technology Integration: <ul style="list-style-type: none"> ○ Tracking the use and impact of technology in maintaining connectivity during the COVID-19 pandemic. ○ Assessing the reach and effectiveness of virtual engagement with participants through technology. ● Awareness and Education Impact: <ul style="list-style-type: none"> ○ Monitoring the impact of awareness programs. ○ Evaluating the educational outcomes and increased awareness among participants. ● Stakeholder Consultations: <ul style="list-style-type: none"> ○ Engaging with community stakeholders, including participants, parents, community residents, local authorities, and collaborating organizations, to gather diverse perspectives on the initiative's impact. <p><i>What specific monitoring and evaluation tools are involved?</i></p> <ul style="list-style-type: none"> ❖ Attendance Registers: <ul style="list-style-type: none"> ✓ Tool: Digital registers for tracking participant attendance at sport training sessions and events. ❖ Surveys and Questionnaires:
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	<ul style="list-style-type: none"> ✓ Tool: Structured surveys and questionnaires administered to participants, volunteers, and stakeholders. ✓ Purpose: Collecting feedback on participant experiences, perceived benefits, and areas for improvement. ❖ Performance Metrics Dashboard: <ul style="list-style-type: none"> ✓ Tool: A digital dashboard to track and visualize key performance metrics, including physical activity levels, skill progression, and educational performance. ❖ Volunteer Engagement: <ul style="list-style-type: none"> ✓ Tool: Volunteer log for monitoring volunteer recruitment, engagement, and impact. ✓ Purpose: Keeping track of volunteer hours, tasks undertaken, and their overall contributions. ❖ Technology Usage Analytics: <ul style="list-style-type: none"> ✓ Tool: Analytics tools for tracking the use of technology in maintaining connectivity during the COVID-19 pandemic. ✓ Purpose: Assessing the reach and impact of virtual engagement with participants. ❖ Educational Assessments: <ul style="list-style-type: none"> ✓ Tool: Pre-and post-program assessments to measure educational outcomes and knowledge gained. ✓ Purpose: Evaluating the impact of educational activities on participants' understanding of critical issues. ❖ Awareness Campaign Metrics: <ul style="list-style-type: none"> ✓ Tool: Analytics tools for tracking the reach and engagement of awareness campaigns. ✓ Purpose: Monitoring the impact of awareness programs.
<p>Challenges/Lessons learned</p>	<p><i>What have been/were the main challenges to implementation?</i></p> <p>The project does not have its own facilities, relying on local partnerships to carry out any sports and social activities. We depend on the existing infrastructure in the communities, which impacts the project, as there is a shortage of suitable spaces in low-income communities for such activities. Furthermore, the existing spaces are often in poor condition and unavailable for frequent use. This situation limits the project's potential impact and requires creative solutions to overcome these infrastructural challenges.</p> <p>Adding to the challenge, the project is experiencing a surge in demand from individuals across various communities eager to participate in its initiatives. This necessitates securing additional spaces not only within the current community but potentially in new ones as well.</p>

Additionally, the project operates in a challenging environment marked by poverty and violence. Concerns about safety in surrounding areas can deter families from allowing their children to participate. Limited resources and competing priorities within these communities often place basic needs above extracurricular activities.

The COVID-19 pandemic posed additional challenges to the initiative, especially in transitioning from in-person to online activities, within a community already impacted by a lack of resources and precarious financial conditions. Navigating this period required several adjustments, with the program adapting its methodology for online delivery while facing hurdles like limited access to technology among some beneficiaries. By acknowledging these challenges and implementing targeted strategies, the initiative continues to empower individuals and communities in the face of adversity.

What lessons learned have been/can be utilized in the planning of future initiatives?

1. Addressing Competing Needs:

Our core mission is to empower children and young people, particularly those residing in conflict zones. Recognizing the challenges they face, we offer flexible program options, explore broader forms of assistance like food donations and psychological support, and demonstrate the program's long-term benefits like improved health and educational or employment opportunities.

2. Online Activities for Conflict Zones:

Through careful analysis, we identified online sports activities as a valuable tool to facilitate continued development even during periods of heightened conflict. This approach allows us to reach beneficiaries despite geographical and security limitations.

3. Building Community through Sports Festivals:

One of the program's highlights has been the Taekwondo SDGs Festivals. These events fostered a sense of togetherness by integrating children from diverse communities, providing a unique platform for them to learn and practice alongside each other. The festivals' success underscores the significant potential of sports events to bridge divides, create opportunities for collaboration, and promote inclusivity and social cohesion across communities.

4. Nature Integration and Holistic Impact:

Urbanization has led to reduced access to nature, increased isolation, and a rise in health issues. Research shows that lack of nature-based play and learning contributes to these problems.

We found that creatively integrating nature, even in small doses, into sports activities can significantly contribute to participants' well-being and development. Benefits include: reduced stress and anxiety, improved mood, and enhanced cognitive function.

5. Adaptability and Innovation:

The COVID-19 pandemic presented unforeseen challenges. However, the project team demonstrated exceptional resilience and creativity. By offering free recorded content to students, expanding operations with online events and classes, and promoting workshops for instructors, the team not only ensured the program's continuity but also strengthened its mission of providing access to taekwondo and promoting values like inclusion and resilience.

Conclusion:

By incorporating these lessons and adapting them to future initiatives, we can ensure continued positive impact and empower individuals and communities to face challenges and thrive.