



Erasmus+

Application

Collaborative Partnerships

Call for proposals 2020

EAC/A02/2019

PROJECT DESCRIPTION

(To be attached to the eForm)

Part D - Organisations and activities

D.1. Aims and activities of organisations

Please provide a short presentation of your organisation (key activities, affiliations, size of the organisation, etc.) relating to the area covered by the project.

Please provide this information for all organisations participating in the project (coordinator and partners).

Coordinator:

Central Police Taekwon-Do Club

The Central Police Taekwon-Do Club (CPTC) is a non-profit organisation established in 1993. The main purpose of the club is to promote the Taekwon-Do as a sport and train and teach young people and children in the values of Taekwon-do.

CPTC is a highly renowned sports club in Bulgaria and has achieved a lot of national and international successes. At present, the club has more than 20 qualified instructors teaching Taekwon-Do in Sofia and developing a partner network in the whole country. Since 1993, the club has been actively contributing to spreading the values and philosophy of martial arts with the main aim of attracting the citizens to sport, promoting regular physical activity, healthy lifestyle and prevention of the vices of modern day life. In addition to martial arts and the attractive mix of 4 Taekwon-Do sport disciplines called Qaudratlon, Taekwon-Do is the most appropriate social tool for building strong personalities by promoting the development of universal values from an early age.

Over the years, the CPTC has organised a large number of prestigious events including sports camps, seminars, national competitions, the Taekwon-do European Cup. The European Taekwon-Do Championship in 2017 organised by CPTC was a remarkable event – there has been never in the history of the European Federation such a Championship with 591 athletes and nearly 1,000 guests from 30 countries attending it. The Club is the organizer of the "National Sports Panorama" - the only one of its kind exhibition of the whole Bulgarian sport together with "Festival of Bulgarian Schools" - supported by the Bulgarian Government and Sofia Municipality.

The CPTC has more than 600 children member at different ages attending Taekwon-do trainings.

The organization has successfully completed following projects:

1. A Project financed by the Bulgarian Operative program "Human Resources Development" - "Making the School Attractive for Young People"
2. An EU funded project under the Youth in Action Program, BG13 / A5.1 / 464 / R3 - "Active Young People for Sustainable Development"
3. "VIIIth Taekwon-Do District Championship Taekwon-Do for the Lyulin Cup - 2015, funded under the Municipality program for development of the Physical activity and sport in Sofia.
4. "VIIth District Taekwon-Do Championship for the Lyulin Cup - 2014, funded under the Municipality program for development of the Physical activity and sport in Sofia.
5. "Fifth Urban Championship for the Triaditsa Cup" - 2012, funded under the "Sports, youth and children activities" program at the Regional Council of the Municipality Council of Sofia.
7. Project funded under the Program "Sports for Children in the Leisure Time" of the Ministry of Youth and Sports.

The Central Police Taekwon-Do Club organises during the school holidays Taekwon-do sport camps for children aged 7-11 years, where more than 200 children take part at trainings and cultural events.

In August 2019, the club implemented a Youth Exchange project entitled "Say" NO "to aggression and intolerance" with No. 2018-3-BG01-KA105-061017 funded under the Erasmus + Program. with the participation of the countries of Slovenia and Greece.

The target group of the project - young people between the ages of 15 and 27. The project took place on the territory of the town of Obzor, Bulgaria from August 16 to 29, 2019, with a total of 60 people - 18 participants and 2 heads of state - taking part in it.

The club is currently working on a project under No. 603016-EPP-1-2018-1-BG-SPO-SSCP under the heading "Taekwon-Do for the Mind: Protecting Black Belt in Values", also funded under the Erasmus + program. Initially, the club has envisaged the participation of 50 children from the countries of Bulgaria, Slovenia and Greece. The target group - between 7 and 11 years of age.

The implementation of the program has been extremely successful. In all countries, the number of participants is double. The parents of the children are extremely pleased.

According to the observations of the club, the kids who train in its halls have almost doubled as a result of the Taekwon-Do project for the mind: Protecting Black Belt in Values. The same trend is observed with the partners from Slovenia and Greece.

Since 2017, many club events have been run under the Young Friends of Police program, which aims to: build up a proper adolescent value system, engage them in police activity as a protective institution and a friend to the younger generation in the fight against the dangerous phenomena such as drug addiction, prostitution, alcohol use and other anti-social acts and crimes; to build lasting motivation for law and order; to promote and organize sports activities among children in order to build good motor skills ultrasound and the creation of lasting sports habits. Part of the program's results are: young people increase their physical fitness, motor culture and self-protection; participants and their parents expand their common culture as a result of the many events called "Young Friends" The result is a motivated attitude to counteract crime.

Partners:

PRIVATE PROFESSIONAL SPORTS COLLEGE, BULGARIA

Private Professional Sports College was opened by Order No. RD 14-62 of 28 June 2005 by the Minister of Education and Science of Republic of Bulgaria. The College offers part-time training in attractive and promising specialties related to the professional field of Sport. The location of the college is in the town of Dupnitsa.

Teachers are well-established specialists in the field of sports with recreational, health and competitive focus. The College is legally authorised to issue diplomas for Adapted Physical Activity for Disabled Persons, Sports Coach, Fitness, Sports Massage, Sports-Tourist activities, Postural Ergonomics.

The lecturers of the College are eminent Bulgarian scientists in the all areas related to sports. Their vast experience and knowledge will contribute to the raise of the level, value and prestige of the project. The curricula are in line with European and world standards of theory and practice in these professions. The training period is two years. The graduates acquire EQF Level 5 of professional qualification and receive a Certificate of professional qualification in the specialty. The document gives the right for the free exercise of the profession in Bulgaria and in the EU Member States. Minimum entrance level - completed secondary education. The number of graduates is about 500.

Currently, there are 75 students at the college and 12 administrative staff and high qualified lecturers.

TKD AHAC ŠENTJUR, SLOVENIJA

Taekwon-do Ahac Club has been operating since 1994. It is a non-profit organization that counts a good number of members – approximately 360, trained in two groups – 5-11 years and 12-18 years old. The club has a professional staff to work with young people as recreational athletes and top athletes.

The goals and activities of the organization are:

- To liaise with related organizations in terms of development, training and education of athletes and sport staff, strengthen friendships and sports spirit and competitiveness. The club has elaborated a special action plan for development and acquisition of new knowledge and physical skills by its trainers and coaches for increasing the level of physical activity in the local community and the region.
- To care about the continuous professional development of athletes and coaches and sport administrators through different programs and activities, including funded by EU Programs.
- To educate of martial arts athletes from all generations and provide them with top quality sport training.

Taekwon do Ahac Club professional sport staff has expertise in various fields such as: sport management, human medicine, biomechanics, sporting events management, physiotherapy, sport coaching and judging, accounting.

SPORT CLUB A.C. ARISTOTELIS, GREECE

The sport club ARISTOTELIS is an athletic club in Greece. Its athletes have been competing at Taekwon-do and kick box sports since 2011 all over the world and have received high awards in Taekwon-do. From high level international championships and national championships and events. Some of club's athletes have participated at the project BeValue of the ERASMUS+ Sport program.

The club's activities include: organizing and hosting sport events, national/international championships, umpire's seminars, sport and cultural events, special trainings on injury prevention. The key staff of the organization includes: primary school teachers, teachers of children with disabilities, Taekwon-do coaches at national and international level.

ROMANIAN TAEKWON-DO ITF FEDERATION

The Romanian Federation of Taekwon-do ITF is the only official body recognized by the Ministry of Youth and Sports, which, according to the law and the statute, coordinates, directs and organizes the activity of the martial arts Taekwon-do ITF at national level. It is functioning in accordance with the provisions of the Law on Physical Education and Sport no. 69/2000.

The Federation organizes 4 to 5 national competitions every year, in which over 350-500 athletes and competitors take part. It has organized one European Taekwondo ITF Championship in Romania and 2 European Cups, as well as various national/international seminars, aimed at education of trainers, coaches and referees, umpire seminars and other events, including first aid, injury prevention and health.

The key staff of the organization includes: sports teachers, primary teachers, physiotherapists and a sport consultant. Their creativity, skills and interest in continuous personal development, let them take part in different activities organized by the European ITF organization.

The club has raised two World Champions in taekwondo.

GOCE DELCEV UNIVERSITY, NORTH MACEDONIA

Goce Delcev University in Stip, Republic of North Macedonia is a young and fast-developing state university, ranked in the second place in the rankings of state universities in the country. As a new and energetic institution of higher education, constantly follows the interests of the young population, as well as the newest economic, industrial and technological trends, the University creates exquisite opportunities for higher education.

Goce Delcev University is located in Stip, with campuses in 4 other cities around the country. It integrates twelve faculties and three artistic academies organized in three university campuses in Stip. More than 20.000 students have already recognized Goce Delcev University in Stip as an excellent opportunity for their academic development. The quality of students life and overall working of the University is supported and ensured by several centers, including Center for E-learning, Center for lifelong learning, Center for interuniversity cooperation, Centar for public relations, University sport and cultural center, Media Center, Alumni Center, Center for Quality, IT Center, E – index.

The University is recognized as a leading e - university in the country with a very well established network of e-learning and e-resources. It also has developed a university TV and radio, that allows very well media support and a well-developed network for dissemination of project activities. Sport, Physical education and other segments of Kinesiology are covered in different ways, including study programs at the Faculty of educational sciences, Faculty of Medicine and University sport and cultural center. Faculty of educational sciences is one of the oldest and leading institutions in the country delivering programs for preschool and primary school teacher education, including physical education as well. Within the study program Pedagogy, students are prepared for pedagogical work in sport clubs and as support of coaches. Furthermore, in the frames of second cycle of studies, within the Faculty of education, exists a study program named Educational Management, aimed to educate future managers of educational institutions. This program also includes a module for the management of sport organizations. Professors that deliver courses for sport management and research design, are part of the project team.

On the other hand, overall sports activities at Goce Delcev University are organized and supported by the University sport center. It is established as the main body responsible for the delivery of sport and recreation curriculum for students from all faculties, delivery of optional sports courses, extracurricular sports activities, sports competitions for students and employees as well as the organization of sport events and campaigns for promotion of health and wellbeing. It also coordinates the work of five different sports clubs with athletes from all age categories, participating in national and international sport events. University sports center has a well-established network with national associations and sports federation, other universities in -country and abroad, cooperating in many projects and actions that integrates sport, wellbeing, culture, and tradition. The head of the sports center and another member of the Executive Board of the center are also part of the project team.

PART E - Project characteristics and relevance

E 1 Objectives

Please explain:

- why and how the project addresses the topic you selected in the eForm application (section B.2) and how it concretely addresses the European policies in the field of sport (without explaining EC policy documents),
- the genuine and adequate needs analyses,
- the extent to which the objectives address issues relevant to the participating organisations and target groups.

Why and how the project addresses the topic you selected in the eForm application (section B.2) and how it concretely addresses the European policies in the field of sport (without explaining EC policy documents),

The benefits of physical activity, including regular sporting activity and exercise, across the life course are paramount and include lowered risk of some diseases and body weight control, as well as positive effects on mental health development and cognitive processes. Physical activity, as recommended by the World Health Organization (WHO), is important for all age groups, and has particular relevance for children the working population and the elderly.¹

In the above context, **BeValue Reload** project covers fully the below priority of this Call for proposals:

"Encourage participation in sport and physical activity, especially by supporting the implementation of the Council Recommendation on health-enhancing physical activity and being in line with the EU Physical Activity Guidelines"

Why Generation Z?

The Merriam-Webster Online Dictionary defines Generation Z as generation of people born in the late 1990s and early 2000s. The Economist Magazine survey, has described Generation Z as a more educated, well-behaved, stressed and depressed generation in comparison to previous ones. In September 2018, Jean Twenge saw smartphones and social media as raising an unhappy, compliant "iGen", which she described as the generation born after 1995.

In the above context, the **general objective** of BeValue Reload project is formulated as:

"Encouraging the participation into sport and physical activity of Generation Z youths aged 12 to 17 years, by following the EC Council Recommendation on health-enhancing physical activity and EU Physical Activity Guidelines"

This general objective will be obtained by implementing a comprehensive set of activities, linked to the specific objectives, as follows:

Specific objectives:

¹ COUNCIL RECOMMENDATION of 26 November 2013 on promoting health-enhancing physical activity across sectors (2013/C 354/01)