

Taekwondo for everyone 2 is Erasmus + KA 1 project funded by European Union. Project coordinator is Taekwondo klub Maksimir from Zagreb, Croatia.



Dates of the project are 26.06. - 04.07.2021.
Zagreb, Croatia

This Youth exchange will integrate 63 young people and 8 accompanying persons (17 per country, except Croatia which will have 20) from Bulgaria, Romania, Italy and Croatia. The expected background of participants is youth with special needs and/or fewer opportunities with:

- Mental disorders
- Physical disabilities
- Economic obstacles
- Social obstacles
- Geographical obstacles

Costs are covered according to the Erasmus plus program: accommodation, food and travel is covered.



This project is funded
by the European Union



Summary of the project:

Taekwondo for everyone 2 is a sequence of the project Taekwondo for everyone 1, Our first project got an excellent score in the final report and Croatian participants were so thrilled about it that we decided to make a second one with new partners and different workshops.

Here you can find project results of the first one

Video - Taekwondo za sve [youtube.com/watch?v=Q_9zWwqANDE&feature=youtu.be](https://www.youtube.com/watch?v=Q_9zWwqANDE&feature=youtu.be) and Photo album www.facebook.com/pg/tkmaksimir/photos/?tab=album&album_id=2616156275101902&_tn_=-U-R

Reason for doing this project is, first of all, the integration of people with disabilities into society and giving them the opportunity to learn the tools and set of skills that will help develop both their physical and social skills. They will do all of that in a safe, supporting and friendly, but new, fun and exciting international environment. The biggest target group of the project "Taekwondo for everyone 2" are young people with special needs and fewer opportunities that may be faced with issues such as low self esteem, bad mental or psychological health, or the feelings of being left out or even rejected by their peers.

Project "Taekwondo for everyone 2" objectives are;

- To empower participants with disabilities and/or fewer opportunities and help them to see themselves as powerful and important members of community
- To raise awareness among our target audience about the importance of integration of people with special needs into society
- To improve the level of key competences and skills of participants; ability to pursue and persist in different kinds of learning, to identify available opportunities for their personal growth and well-being and to be able to optimally use given opportunities for their own development
- To raise awareness about taekwondo as the exercise/martial arts training that improves balance, flexibility, stamina, strength and posture, muscle tone and appearance not only for healthy people, but also for people with disabilities

Working methods used will include: interactive games and energizers, role plays, simulations, individual and group work, discussions and **Martial Arts exercises like Taekwondo, Karate, Judo, etc.**

PARTICIPANTS TASKS: * These tasks are part of active participation in project that means it is obligatory to participate in them as well

1. Participants have to arrive on **26.06. and depart on 04.07.2021**. In case you want to come before or stay more in Zagreb, please, let us know and we can discuss it.
2. Participants have to prepare a presentation of their countries and present it on project during evening leisure activities. Presentations can not be longer than 30 minutes. Participants also need to bring some traditional food and drinks for the tastings.
3. Participants have to research and make 2 presentations. One is a presentation of the benefits of Taekwondo on health and social life. Another presentation is Taekwondo's history and important fighters of your country. Each presentation can not be longer than 20 minutes and it is this 2 presentations per country.
4. Participants have to participate in dissemination (sharing) of project results which will happen online (on their social networks like Facebook) and in their city where they will make 1 public event together with their sending organization.
5. Participants have to register their arrival to Croatia in the mobile app "Enter Croatia" which you can find on "Google Play". Once you do it, you should print out given info and take it with you when crossing the border.
6. In case participants want to make some extra workshops please write us suggestions on ptkrijesnice@gmail.com.

Participants responsibilities:

- 1) Every participant is obligated to actively participate in all activities. In a case of missing out some activities or behaving badly during the project, participants travel expenses won't be reimbursed and participants are risking getting expelled from the project and sent back home on their own expenses.
- 2) Participants should take clean shoes (sneakers) for the gym hall and comfortable clothes (we suggest you take several clean shirts to make you feel fresh)
- 3) Participants are obligated to disseminate project results after the project mobility ends.

IMPORTANT INFO:

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The European Health Insurance Card: Citizens of the EU have the right to European Health Insurance Card – get one before coming to Croatia. The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country. More info on www.nhs.uk/chq/Pages/1073.aspx. We also recommend taking additional health and travel insurance. If you need help with choosing one, please, let us or your sending organization know about it and we will help you with it. The people who don't have this card should get

European insurance.

Youthpass

At the end of a project you will get Youthpass. More about Youthpass here www.youthpass.eu

Accommodation

We will stay at Funk Lounge Hostel at address Rendićeva 28 (Zagreb), +385 1 555 27 07 Link for hostel: www.funklounge.hr/. Funk Lounge is a friendly, clean and modern hostel that welcomes all travelers on a mission to explore Zagreb. Enjoy the laid-back atmosphere of our hostel and let your stay in Zagreb begin with beautiful smiles, free welcome drinks and funky music at the hostel's bar! Hostel is centrally located within a walking distance to Old Town of Zagreb, Zagreb's most beautiful park Maksimir, city Zoo and football stadium. Participants will be divided in rooms by gender with participants from other countries to share cultural diversity.

Travel tickets

Keep your travel tickets, boarding passes, invoices, etc. because without these documents we are not able to reimburse travel expenses. Travel expenses cover public transportation (economy class). Taxi is not an eligible cost. Host organization Urbana mladež will transfer travel expenses to your sending organization and they are the ones who will give you your travel expenses back. Travel expenses will be reimbursed after all participants implement dissemination of project results.

Travel route from bus station to hostel

When you come by bus, take tram number 5 or 7 in direction of "Dubrava" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is the 7th tram station after you get in at the Main bus terminal. At this station there is a bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

PROJECT HOST ORGANIZATION: **Taekwondo klub Maksimir**



The Taekwondo Club "Maksimir" exists for more than 40 years. It was founded in 1978 under the name of the taekwondo club "Sava", and today has achieved a number of significant domestic and international successes. It is particularly famous for the successes achieved in taekwondo technique (the 15th time of the Republic of Croatia - the 15 championships so far held). Yearly, the club performs over 30 domestic and international competitions and various sports activities. Today, taekwondo club Maksimir brings together over two hundred children, young people and adults, including the youth with social, economic, mental and physical issues or disabilities, to train in 4 school halls, 2 community rooms and 2 gyms. The Taekwondo Club Maksimir is run by nine highly trained trainers. The main coach is Taekwondo's Senior Sports Coach - Tihomir Horvath 7. Day, who is also a longtime coach and technical team of taekwondo national team of the Republic of Croatia, and since this year was elected coach of the Paralympic Republic of Croatia.

Contacts: <https://www.taekwondo-maksimir.hr/>, tae.maksimir@gmail.com