

ITALY SUSTAINABILITY CASE STUDY



One World, One Taekwondo, All Together

The Italian Taekwondo Federation (FITA) is actively committed to promoting Diversity, Equity, and Inclusion (DEI) through sport, recognizing Taekwondo as a tool for social transformation and community development. This initiative creates opportunities for athletes of all ages, genders, physical abilities, and cultural backgrounds, removing economic and social barriers to ensure fair participation. The program expands access to sports for vulnerable populations, including migrants, people with disabilities, children, seniors over 65, and women, who are often underrepresented in sports.

Through educational projects, sporting events, and partnerships with schools and local organizations, FITA fosters a supportive and inclusive community aligned with the UN Sustainable Development Goals. The initiative not only promotes equal opportunities in sport but also strengthens social cohesion, gender equity, and individual well-being.

FOCUS AREA

Diversity, Equity & Inclusion (DEI) and Community

KEY WORDS

- Inclusive sports
- Diversity
- Accessibility
- Community development
- Taekwondo for all

FACTS & FIGURES

- **9,780 participants** have engaged in the program, representing diverse backgrounds.
- **4,845 children** have taken part in Taekwondo training sessions.
- The initiative collaborates with **28 schools, 78 sports associations, 3 nursing homes, and 7 universities.**
- **70% of participants** reported improved physical and mental well-being and greater social integration.

IMPACTS

The initiative has provided access to Taekwondo training for thousands of individuals, especially from marginalized groups, helping them overcome barriers to participation. Participants have reported improvements in physical and mental well-being, increased self-confidence, and greater social integration. The project has strengthened connections between diverse communities, promoted gender equality in sports, and facilitated engagement with migrants and seniors who often face social isolation. By working closely with schools, nursing homes, and local authorities, the program has had a transformative impact on both individuals and the broader community.

Resources

-  [Testimonials](#)
- [Evidence of the impact of the project](#)