

FINAL REPORT

A. PROJECT INFORMATION	
Country	TIMOR-LESTE
Title	Building Self-Resilience Through Taekwondo
Duration	July 2022~July 2023 (1 Year)
Objectives	<ul style="list-style-type: none"> ☞ To teach basic principles of Taekwondo, i.e. integrity, perseverance, self-control, respect and indomitable spirit and basic physical training, in order to be resilient. ☞ To equip the juvenile prisoners and orphanage with self-confidence, discipline to be able to reintegrate in the society where they belong. ☞ To introduce Korean culture and language in order to open their mindset and see a new world.
Target Group	Orphanage with age of 6~15 and Children underprivileged at Tasitulu School, both male and female, aged 6 to 12
Number of Participants	more than 200 participants
Location(s)	CQR center and Tsitolu school in Timor-Leste
Executing Organization	
National Implementation	Timor-Leste Taekwondo Federation
Instructor(s)	2 Taekwondo instructors, 1 Korean instructor
Facilitator(s)	
Administrator(s)	Kim kitae

B. PROJECT OVERVIEW

C. TASK OVERVIEW		
Task	Status	Date
What is taekwondo? Basic knowledge about taekwondo. Teaching Taekwondo basic movement	Completed	07.01 ~ 12.16 2022
Opening ceremony	Completed	02. 2023
Korean culture (Korean language)	Completed	07.01. 2022 ~ 07.31. 2023

2023 WT CARES PROGRAM FINAL REPORT



Teaching Taekwondo, pumsae, kick	100%	12.01. 2022 ~ 07.31. 2023
Taekwondo examination	Completed	03. 15 2023
Closing Ceremony	Completed	07. 2023

D. BUDGET OVERVIEW

Please divide the columns for a detailed overview if 2 or more locations were used.

Category/Task	Spent	% of Total	Notes	
Opening,Closing Ceremony	US\$ 2,000	100%	center 1 100 People	center 2 200 People
Striking Pads	US\$ 1.200	100%	30 units	
Matt	US\$ 4,000	100%	200 units	
Uniform	US\$ 5,000	100%	200 units	
Head gear	US\$ 700	100%	12 units	
Body Protector	US\$ 800	100%	12 units	
Tent for training 6mx10m	US\$ 200	100%	1 units	
Overseas delivery fee	US\$ 500	100%	All materials were shipped from Indonesia	
Operation Fee for WT Care Timor-Leste board (annual)	US\$ 1,000	100%	Used for transportation, meetings, and other services	
Miscellaneous fee	US\$ 2,000	100%		
Salary for one Taekwondo coach	US\$ 7,200	100%	\$600 x 12 months	
Salary for one Korean Languages Teacher	US\$ 2,400	100%	\$200 x 12 months	
Salary for Finance and Administration staff	US\$ 6,000	100%	\$500 x 12 months	
Total Cost	US\$ 33,000		In total: 33,000	

E. CONCLUSION & RECOMMENDATIONS

On behalf of all practitioners who love Taekwondo, we offer warm greetings on behalf of the Timor-Letes Taekwondo Federation.

Thank you very much WT for the WT Cares Program .

Since the start of the WT cares program, I have always focused on the WT cares program as an administrator and instructor.

The participants' self-esteem and confidence increased. We learned a lot from the short encounters and education between us.

As a manager, I personally visited the training site to meet the participants and participated in the class as a

taekwondo athlete to see how the training was conducted three times a week. We discussed to lead the Taekwondo class in a better direction.

As the participants passed the Taekwondo promotion test, they focused on increasing their self-esteem through Taekwondo classes.

Also, through the Korean language education, students who participated in the cares program became more in love with Korea.

Since it is still a developing country, They passed the Korean language test and wanted to study or work in Korea.

They have a knowledge of Korea and a passion to know more about Korea.

To sum up the overall program, we strongly believe that we have reached our main goal. Thank you for giving us a great opportunity.

F. NOTES

We also began to voluntarily continue our own Cares program shortly after the WT-ADF Timor-Reste Cares program ended successfully for a year.

We are working to benchmark the WT-ADF care program in East Timor to give hope and dreams to cares students.

Thanks to the program, most of our cares students' attitudes have changed positively, and their concentration and health have improved.

Through the cares program, the image of Taekwondo as a cultural asset derived from Korea has greatly increased.

We also admit that there was a misunderstanding by the leaders of the Taekwondo National Union when we started the care program, but we were able to proceed successfully.

World Taekwondo and the Asia Development Foundation highly appreciates Korea's taekwondo cares program.

We strongly hope to continue the Cares program in our country through WT-ADF support.

Thank you.

G. MEDIA RESOURCES









