

MONGOLIA SUSTAINABILITY CASE STUDY



Together for a Shared Future

In Mongolia, individuals with disabilities represent 3.3% of the population, with many experiencing social isolation and limited access to sports. Recognizing the potential of Taekwondo as a transformative tool, the Mongolian Taekwondo Federation launched an initiative in 2022 to provide lifelong, cost-free access to Taekwondo training for individuals with arm disabilities at over 90 centers nationwide.

Beyond training, the program aims to dismantle societal barriers by celebrating Mongolia's elite para-taekwondo athletes on the global stage, including their historic medal wins at the Paris 2024 Paralympic Games. This initiative fosters inclusion, resilience, and empowerment, ensuring that marginalized youth gain confidence, community, and new aspirations. Supported by the Mongolian Paralympic Committee and advocacy organizations, the program continues to grow, creating a sustainable legacy of inclusion through sport.

FOCUS AREA

Diversity, Equity & Inclusion (DEI) and Community

KEY WORDS

- Para-Taekwondo
- Disability inclusion
- Adaptive sports
- Community engagement
- Empowerment

FACTS & FIGURES

- **55 individuals with upper limb disabilities** are actively training.
- **90 training centers** offer free Taekwondo sessions.
- **Mongolian Para-Taekwondo athletes won historic gold and silver medals** at the Paris 2024 Paralympic Games.
- The program has inspired other individuals with diverse disabilities to join Taekwondo.

IMPACTS

Since its launch, the program has significantly increased access to Taekwondo for individuals with disabilities, with 55 participants actively training by September 2024. The initiative has expanded across 90 training centers, fostering hope among marginalized youth and inspiring more individuals with disabilities to take up the sport. Mongolia's para-taekwondo team has gained international recognition, proving that adaptive sports can be a powerful driver of social inclusion and personal transformation. The initiative has also encouraged a cultural shift towards inclusivity in Mongolia, with growing community support for disability sports programs.