



Developing and growing Taekwondo throughout the world in a sustainable way, and inspiring the underprivileged and vulnerable through education and partnerships.

SUSTAINABILITY FOCUS AREAS

Diversity, Equity & Inclusion, and Community
Environmental Sustainability
Health and Well-being

The **2023 Sustainability Awards** contributed to the following **UN Sustainable Development Goals**





SUSTAINABILITY

MNA CASE STUDIES

World Taekwondo recognizes the critical global challenges facing our world today, spanning economic, social, and environmental domains. Embracing our mission to promote peace and contribute to a better world through the practice of Taekwondo, we believe it is both an opportunity and a responsibility to actively engage in the global debate on sustainability.

As one expression of this commitment, World Taekwondo has initiated the MNA Sustainability Case Study Project, aligning with our dedication to the principles outlined in our Sustainability Strategy. Launched to showcase and share good practices among Member National Associations (MNAs), this project aims to exemplify how MNAs are actively working towards a sustainable world. Each case study aligns with World Taekwondo's key focus areas: Diversity, Equity, & Inclusion (DEI) and Community, Environmental Sustainability (ENV), and Health & Well-being (HNW).

Furthermore, we recognize the importance of harmonizing efforts with the United Nations' 17 Sustainable Development Goals (SDGs), which provide a guiding framework for organizations to address global challenges and contribute to sustainable development. This framework is pivotal for World Taekwondo, and we are committed to demonstrating MNAs' alignment with the UN's 2030 Agenda for Sustainable Development through the case studies presented.

It is our hope that through the collective sharing of information and good practices, World Taekwondo and its MNAs can further inspire and contribute to the holistic integration of sustainability within the global Taekwondo movement and beyond.

PROMOTING A SUSTAINABLE ENVIRONMENT, REDUCING PLASTIC USAGE, AND TREE PLANTING

COSTA RICA

SUMMARY



FOCUS AREA

Environmental Sustainability

KEYWORDS

Tree planting | Plastic | Water

The **Costa Rican Taekwondo Federation** embarked on an initiative to reduce plastic bottle usage by providing potable water during events and training sessions, coupled with a tree planting program to enhance environmental sustainability. Recognizing the detrimental impact of plastic pollution and the benefits of tree planting, the federation aimed to set an example in environmental stewardship.

6 CLEAN WATER AND SANITATION



13 CLIMATE ACTION



15 LIFE ON LAND



IMPACTS

The initiative led to a significant reduction in plastic bottle usage, with athletes, coaches, and visitors encouraged to bring their reusable containers. Strategic tree planting efforts contributed to oxygen production, air purification, erosion prevention, and wildlife habitat preservation. Increased interest in environmental initiatives and improved waste management practices, such as tree planting, and beach and park clean-ups, were observed among academies affiliated with the federation.



RESOURCES

- [Costa Rica Taekwondo Federation starts 2024 with the recognition "Bandera Azul Ecológica" \("Ecological Blue Flag"\).](#)
- [Costa Rica Taekwondo Federation Social Responsibility Committee](#)
- [Waste management and reuse practices at events](#)

FACTS AND FIGURES

- Significant reduction in plastic bottle usage.
- Implementation of strategic tree planting initiatives.
- Increased interest in environmental initiatives among academies.