



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.

WT-ADF CARES NEPAL PROJECT NEPAL

SUMMARY



The WT-ADF Cares Nepal Project, carried out in collaboration with different organizations housing children from diverse backgrounds, aimed to train participants in Taekwondo to enhance their overall development in education, sports, peace, and Olympic values. Targeting children from low-economic backgrounds and orphans, the project focused on increasing their participation in Taekwondo events, upgrading them socially, mentally, and physically, and fostering a sense of empowerment and confidence.

FOCUS AREA

Diversity, Equity, & Inclusion and Community

KEYWORDS

Empowerment | Inclusion | Community Development

IMPACTS

The project's key performance indicators include Taekwondo and self-defense training, empowerment of women, discipline building, confidence building, and physical well-being. Despite budgetary constraints, the project successfully trained participants, with athletes going on to participate in national and international Taekwondo events, achieving medals and sustaining their training beyond the project's duration.



FACTS AND FIGURES

- Taekwondo and self-defense training provided to participants.
- Empowerment of women and building discipline and confidence.
- Participation in national and international Taekwondo events.