

Project Proposal

A. PROJECT INFORMATION	
Project	WT Cares Timor-Leste 2022-2023
Country	Democratic Republic of Timor-Leste or known as Timor-Leste
Title	Building Self-Resilience Through Taekwondo (Timor-Leste)
Duration	July 1, 2022~June 30, 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 orphans and unprivileged children 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 unprivileged children in CQR with age of 6~12 for both men and women
Number of Participants	Orphans 40 people and CQR 60 people. Total 100 people.
Location(s)	<ul style="list-style-type: none"> ☞ Dominican Orphanage, Bidau, located in the eastern part of Dili City (15 minutes from the Korean Embassy). ☞ Centro Queshadip Ruak (CQR) is located in the southern part of Dili (15 minutes from the Korean Embassy)
Executing Organization	Timor-Leste Taekwondo Federation with the assistance of the Korean Embassy.
National Implementation	<p>The project will be implemented by Timor-Leste Taekwondo Federation with the assistance of the Korean Embassy.</p> <p>Taekwondo classes will be conducted three times per week per center. Also, Korean class 1 hour per week per center: Tentative schedule:</p> <ol style="list-style-type: none"> 1. Orphanage: <ul style="list-style-type: none"> ★ Tuesday and Thursday form 9~10 AM for Taekwondo class. Korean class will be taught during and after the training. 2. CQR Center : <ul style="list-style-type: none"> ★ Monday form 9~10AM Korean Class & 4~5PM Taekwondo class ★ Wednesday & Friday from 4~5PM (one hour each for Taekwondo



	class).
Instructor(s)	<ul style="list-style-type: none"> ☞ Master Kim Kitae and one coach for Timor-Leste Taekwondo National Team. ☞ One Korea language teacher.
Facilitator(s)	Gil Cleofas da Silva.
Administrator(s)	Master Kim Kitae, Gil Cleofas da Silva, and 1 Administration and Finance Staff.

B. OVERVIEW

After gaining independence in May 2002, Timor-Leste has been struggling to create a peace and harmonious environment for children to enjoy their rights. As a result many have been suffering from child abuse, school-drop, parent’s corporal punishment and other forms of violence. The constitution of Timor-Leste article 18 clearly defines that children has right to be protected by family, community and the State against discrimination, violence, oppression, sexual abuse and exploitation. The country has made significant progress in addressing juvenile related-issues, however these policies or actions are made to prevent it from happening. For instance, juvenile are taught at schools on child education, discipline, respect the elders, report when their rights are abused. Much of these policies failed to prevent them from juvenile from committing misbehavior attitude. According to government data, there were 64 juveniles were detained in Becora prison as of 2019 and the dropped to 25 in 2021. In addition, many children dropped school due to economic and financial situation of their parents, and some are left abandoned. Therefore, some committed violence and ended up in detention centers and some being taken care of sister in the orphanage centers.

C. OBJECTIVES

The objective of the project is to give orphans and unprivileged children a chance to build back their lives once they come out of the centers. Rehabilitating the mindsets and building their character to be resilient, and being able to socialize in the society, are the priorities of WT Cares Timor-Leste. The Taekwondo basic training will enable them to be physically and mentally strong, disciplined, self-controlled and gain self-confidence.

Korean language will enable them to get to know Korean culture better and once they grow up they can be useful in the labor market.

D. ACTION PLANS AND TIMELINE

No.	Date (Month)	Activity
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01	July 1~3	Preparatory meeting between boards member of WT Cares Timor-Leste with responsible people of both centers to talk about timeline, logistics, and etc.
02	July 9~ 31	Opening Ceremony and Training start in both places
03	August	Training continues
04	September	Feedback and evaluation meeting. Check if improvements and/or changes need to be made.
05	October	Training continues
06	November	First Trimestral Test for both training. Vacation for 1 week then continue again.
07	December	Training continues
08	January, 2023	Training continues
09	February	Training continues
10	March ~ May	Second Trimestral Test. Evaluation and Feedback Meeting to be Conducted and then vacation.
11	June	Training period
12	June 30	Last Trimestral Test and Completion Ceremony to be held. Final Report to be submitted to WT Care HQ.

E. BUDGET (Estimated)

Notes: Please list the names and estimated budget of the activities in specific. If there is more than one center, please list the amount separately. Also, if you plan on using the budget of a single activity in various ways, explain the specific breakdown on the note column.

For more information, please refer to the attached file as an example.

No.	Activity	Center	Center	Note
		1	2	
		Amount in USD		
1	Opening Ceremony	1000		\$500x2 centers
2	Taekwondo equipment			
2.1	Gear	2760		Striking pad: 30 units (15 per center) (\$40 per unit) Head protector: 12 units (6 per center) (\$60 per unit) Body protector: 12 units (6 per center) (\$70 per unit)
2.2	Matt	4000		200 units (100 per center) (\$20 per unit)
2.3	Tent	250		1-unit 6mx10m (for 1 center)

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2.4	Uniforms	5000	200 units \$25 per unit
3	Staff Salary		
3.1	Instructor (2 people)	9000	1 Person \$550x12 months (Taekwondo coach) 1 Person \$200x12 months (Korean Language Teacher)
3.2	Administrator (1 person)	6000	1 Person \$500x12 months
4	Activity Cost		
4.1	Overseas delivery fee	500	All materials will be shipped from Indonesia
4.2	Operation Fee for WT Cares Timor-Leste board (annual)	1000	Used for transportation, meetings, and other services.
4.3	Miscellaneous fee	2000	Used for purchasing printer, papers, water, and other service or materials needed to conduct the training.
4.4	Grading ceremony	490	Belts and certificates
5	Closing ceremony	1000	\$500x2 centers
	Total Cost	33000	In total US\$ 33,000.00