I N V I T A T I O N

Subject: Recruitment of partners of the *Bulgarian Association of Taekwon-Do*, approved for accreditation under the Erasmus+ program with Accreditation № 2023-1-BG01-KA150-YOU-000187607 and Project № 2025-1-BG01-KA151-YOU-000302016

Who are we?

The Bulgarian Association of Taekwon-Do was established as a non-profit organisation dedicated to the development and promotion of Taekwon-Do in Bulgaria. Through physical training and character-building activities, we aim to contribute to the holistic development of young people, cultivating discipline, respect, mental resilience, and a sense of community.

What is Erasmus+ Accreditation?

Erasmus+ Accreditation in the youth sector aims to:

- **Strengthen the personal and professional development of young people through mobility and non-formal education;**
- **Empower young people to be active citizens and participants in democratic life;**
- **Enhance the quality of youth work at local, regional, national, and European levels;**
- **Promote inclusion, diversity, intercultural dialogue, solidarity, equal opportunities, and human rights.**

Our accreditation under number 2023-1-BG01-KA150-YOU-000187607 allows us to implement impactful projects that foster intercultural learning, youth empowerment, and European awareness. Through this framework, young participants will gain exposure to new cultures, values, and lifestyles, all while developing skills that contribute to their growth and employability.

Our Project Objectives

Objective 1: Promoting a Healthy and Active Lifestyle

In today's fast-paced world dominated by technology, people – especially youth – often neglect their health. Sedentary habits, poor nutrition, and lack of exercise have become widespread, resulting in both physical and mental health issues. Taekwon-Do offers a holistic approach to personal development by promoting a healthy lifestyle, building physical strength and resilience, and instilling discipline.

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Through Taekwon-Do, young people gain key skills and competencies that improve their well-being and employability.

Objective 2: Reducing Risk Behaviors and Encouraging Positive Social Development

Many young people today face internal insecurity, frustration, and a lack of tolerance – leading to aggressive behavior, poor communication skills, depression, and other long-term consequences. Our mission is to increase both the physical and mental resilience of youth by combining martial arts training with personal development, teamwork, and tolerance education. Participants will be encouraged to understand the connection between a healthy lifestyle, care for body and mind, cultural awareness, and social inclusion.

Objective 3: Building Employability Skills and Mental Resilience

Today's job market demands active, adaptable, and mentally strong individuals. Young people need to develop focus, perseverance, and stress-management skills to succeed in professional environments. Taekwon-Do helps youth develop these traits while also providing a space to interact in a group, learn from experienced instructors, and build key soft skills such as communication, teamwork, and leadership – all essential qualities for future employment.

What are we planning in 2026?

In 2026, we will organise one international youth exchange under this Erasmus+ accreditation. The exchange will include:

- **18 participants (aged 14–25)**
- **2 Group leaders (over 18 years old)**

Exchange dates: April 6–10, 2026
Location: Borovetz, Bulgaria

We invite you to be our partner!

We are excited to continue our cooperation with your organisation and would be delighted to welcome you as a partner for this youth exchange in 2026.

If you accept, your organization would be expected to send:

- **9 youth participants (aged 14–25)**
- **1 group leader (aged 18+)**

All travel, accommodation, and food expenses will be fully covered through the Erasmus+ program.

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Please confirm your participation by April 11, 2026

To confirm, please fill out the form at the link below:

https://docs.google.com/forms/d/e/1FAIpQLSdMQ6LbgThlBh9GySTx2sEAyA9B7F0DIIay6B_PLqddnkIpEw/viewform

Sofia, Bulgaria
Date: 06.03.2026

With kind regards,
Vencislav Ignatov
President of the Bulgarian Association of Taekwon-Do

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