



Friday, March 6, 2020

TIME OF FAST (TOF) APPLICATION

Only projects of YMI clubs, YMCAs or recognised YMCA affiliates shall be considered. All projects must be clearly address at least one of the United Nations Sustainable Development Goals (SDGs) and an urgent need within a poor/disenfranchised community. In addition, all applications must show that they have secured all other funding necessary for project implementation. Projects meeting these criteria can apply for up to CHF 15 000.

Applications for ongoing, joint programmes of the YMCA and Y's Men International may qualify for up to CHF 30 000 in funding provided certain conditions are met.

Project applicant

Applicant Name	Applying as	Distance from Project Location
YMCA Ukraine	YMCA	250 - 500km

Applicant Email

ukrymca@gmail.com

Phone Number

++380 (67) 465-5414

Address

13 Boichuka str., of.43
Kyiv, Kyiv region, 01103

Project Coordinator(s)/Contact Person(s)

Gender	Prefix	Name	Email
M.	Mr	Viktor Serbulov	vserbulov@ukr.net

Co-Partners if any

Type	Name	Financial Support amount in CHF, if applicable	Distance from Project Location
Please Select			0 - 25km

Have you or your organisation previously applied for TOF funding?

Yes

Please provide further details on past applications

Application Year	Application Successful?	Current Project Status	Additional Notes
2019	No	Cancelled	cancelled because of lack of finance

Does your application fulfill these additional criteria?

1. Is an equal, joint YMCA/Y's Men International project
2. Has already secured at least the amount being requested to Time of Fast

3. Is sustainable, enduring/ongoing

4. Involves multiple community engagement

My project fulfills all additional criteria

No

You may apply for up to CHF 15 000 in TOF funding.

Project Name

Sports and informal education as tools of healthy lifestyle promotion among vulnerable children

Project Location

Zaporizhzhia, 69093
Ukraine

Project Background

The idea of project aroused from the precarious statistics of the health state among orphans and children deprived of parental care in Zaporizhzhia region. At the moment when these children come to the shelter, their health is highly vulnerable to illness due to the conditions of their life: lack of sanitation, hunger, bad habits. Taking into account the experience of Zaporizhzhia Regional Center of Social and Psychological Rehabilitation for Children which since 1999 has accepted more than 10,000 children, nowadays 90% of children have various illnesses due to the weak immune system. Such situation evokes the necessity to develop the skills of a healthy lifestyle among vulnerable children as well as members of their families.

The idea of the project is creating a sports outdoor playground with gym equipment on the territory of Zaporizhzhya Regional Center of Social and Psychological Rehabilitation for Children. The project will include the purchase of outdoor gym equipment, its installing on the basis of the center, providing training classes for children by the professional sports specialists/trainers and further - by the YMCA and the Y's Men Zaporizhia volunteers to promote a healthy lifestyle. Moreover, to make the opportunities for children of the nearby area to practice healthy lifestyle, we plan to produce and distribute methodological recommendations on healthy lifestyle issues for children, youth and their families, involving them in open access trainings, which will be held by the involved professional trainers and afterwards - YMCA and Y's Men Club volunteers.

Project Activities

Project activities:

1. Preparation of a special space for the outdoor gym on the territory of Zaporizhzhia Regional Center of Social and Psychological Rehabilitation for Children.

To achieve this goal, the following stages will be implemented:

- 1) drafting of the project-budget documentation;
- 2) planning of the land plot by special equipment;
- 3) transparent purchasing of sports equipment;
- 4) installation of equipment;

2. Conduction of trainings on the promotion of a healthy lifestyle and practical advices on healthy lifestyle and exercises on sports equipment;

To achieve this goal, the following stages will be implemented:

- 1) creation of a team of volunteers responsible for the implementation and developing the project
- 2) providing training exercises during the year on the basis of a outdoor sports playground
- 3. Promotion of healthy lifestyle, harmonious development among children, young people and their families;

To achieve this goal, the following stages will be implemented:

- 1) production and dissemination of booklets with methodological recommendations on how to conduct a healthy lifestyle
- 2) making media promotion through social networks and local media about the project in order to involve the children and their families into open access classes



Personnel Required	No.
Project manager	1
Accountant	1

Equipment Needed	No.
Football, basketball equipment	1
The set of gym equipment for outdoor activities	1

Beneficiaries

First of all, the beneficiaries are 250 center inhabitants and 53 center workers who will be trained to use sports outdoor equipment and knowledges on healthy lifestyle habits. Also nearly 5,000 young people, children and their families will be informed about healthy lifestyle skills. 500 of them will be provided with qualified trainings and involved in sports activities on the sports grounds and outdoor gym space. We hope to cover another 5,000 people with useful information in the form of social advertisements through mass media, social networks and public events.

Project Duration/ Time Frame (estimate)

6 -12 months

No. Anticipated Direct Beneficiaries

200-350

No. Anticipated Indirect Beneficiaries

more than 10000

What Happens When the Project Period Comes to an End?

The outdoor sports ground/gym will work on a permanent basis for everyone, especially the children, youth and their families in Zaporizhzhia. As it will be on the balance sheet of the center, its maintenance will be supported by the resources of this institution. Newly created space can become a place for different healthy lifestyle promotion events, projects an competitions. The elaborated methodological guidelines, open classes and training sessions will give a base for post-trainee support of project participants by creating a group in social networks.

The Sustainable Development Goals



Sustainable Development Goals (SDGS) relative to your project?

- 1. No Poverty
- 4. Quality Education
- 3. Good Health and Well Being
- 9. Industry Innovation and Infrastructure
- 10. Reduce Inequalities
- 11. Sustainable Cities and Communities

Focus SDG for your project

- 3. Good Health and Well Being

Financial Information

Total Project Budget 15 000

Total Funds Already Secured 0

Funds being requested from TOF (in Swiss Francs) 15 000

Does your funding request include money for salaried staff or building costs? Yes

Please provide an estimate of the percentage of the total amount being requested. 100%

Project Currency CHF Switzerland Franc

Please enter currency values without separators and using a decimal (.) for cents. Maximum request CHF 30 000 or CHF 15 000 depending on the scope of your project. **Applications in which the funding request exceeds eligibility will not be considered.**

Your limit would have been indicated to you earlier in the application based on information provided.

Cost being claimed to TOF

0	1	2	3	4
#	A	B	C	D
1	Outdoor gym and sports games equipment			4000
2	Land planning with special equipment			2 000
3	Elaboration of project documentation			500

0	1	2	3	4
4	Installation of sport equipment			1 000
5	Informational and educational materials			3000
6	Technical equipment for seminars (projector)			2 000
7	Payments to trainers/specialists			1 000
8	Project manager			1 000
9	Accountant			500
10				
11				
12				
13				
14				
15				
16				1500 0

Visitation

Project Volunteers

Preferred Skills	Preferred Visit Period	Notes
specialist on equipment installment		
volunteers to play sport games with children and educate children on healthy lifestyle		

Please hit the "Preview" button to review your answers and to submit your project application.

Applicant Name

Viktor Serbulov