



2021 QUARTERLY UPDATE

July



CONTENT

1. Summary	3
1.1 Summary 2nd Quarter 2021	3
2. Chronological Overview	4
3. Programmes	5
3.1 TT Dream Building	6
3.1.0 Covid-19 Update	7
3.1.1 Nittaku Dream Building with Refugees in Za’atari	8
3.1.2 Dream Building with Refugees in Azraq	9
3.1.3 Hoima Network of Children’s Rights Club	11
3.1.4 Fundación de las Américas	14
3.1.5 Slum Ping Pong	18
3.1.6 Ping Pong Alkmaar	22
3.1.7 Talent4Development	26
3.1.8 Levallois Sporting Club Tennis De Table	30
3.2 TT4ALL	34
3.2.0 Covid-19 Update	38
3.2.1 World Table Tennis Day	39
3.2.2 Tables 4 ALL	40
3.3 TT4HEALTH	44
3.3.0 Covid-19 Update	46
3.3.1 Parkinson’s World Table Tennis Championships	47
3.3.2 #TableTennisUnited	48
3.3.3 SPIRIT Project	49
3.4 TT Legacy	53
4. Marketing & Communications	55
4.1 TT@WORK	56
4.2 Social Media	57
4.3 International Recognitions	59
4.4 Video Productions	62
4.5 Sponsors and Donors	63

1.1 Summary

2nd quarter 2021

Seems like yesterday that we have celebrated the New Year's. With just a blink of an eye, we find ourselves bidding farewell to the first half of 2021.

It has been an exciting quarter for all of us here at the ITTF Foundation.

We have wrapped up some old projects, taking with us the previous experience and dived into the preparation of new ones. Turning the pages does not mean moving away from a previous social cause. We will continue with the #FEMpowerment campaign and look to extend the essence of gender equity to all our programmes.

Programmes

We are happy to share that four out of five **TT Dream Building** projects of 2020 have restarted after the long pause due to Covid-19. Our project leaders in India, Ghana, Peru and Tonga have shown out-of-box creativities in dealing with the uncertainties.

The ITTF Foundation has also expanded our partnership with The Foundation for Global Sports Development, duplicating its financial support. The Dream Building Fund will be renamed as Dream Building Fund powered by GSD for the 2022 projects.

Within **TT4ALL**, we have witnessed the power of unity and solidarity through table tennis on World Table Tennis Day. Thanks to our 47 dedicated Promoters and the support of ITTF Group, 314 events and home celebrations took place in 98 countries and territories. Over 39,000 table tennis enthusiasts worldwide joined the celebration. We are happy to report that the #FEMpowerment campaign has brought 614 female athletes to join a club, while leaving our female Promoters feeling empowered.

The ITTF Foundation has joined INTERACT, a project funded by the European Union (EU). Our knowledge in using table tennis for development will help the project in its quest to make sport and physical activity accessible for all.

We have extended our reach in using table tennis to create positive social change. Through the fundraising campaign by Sofia Polcanova and Slovenian Radio channel Radio 1, we are contributing to building a table tennis academy for children in Chisinau, Moldova, and to raising money for disadvantaged families in Slovenia.

As part of the **TT4Health** programme, the fundraising campaign #TableTennisUnited is still sending help where it is needed. The fund has supported 82 initiatives and

individuals worldwide thanks to 57 generous donors and the ITTF Group. We are also happy to announce our participation in the SPIRIT project. Co-funded by the Erasmus+ Programme of the EU, the project sees the ITTF Foundation leveraging our knowledge and experience in developing a framework for humane, inclusive, and empowering training that nurtures mental well-being.

2021 marks the 50th anniversary of **Ping Pong Diplomacy**, as well as the first year of the biennial celebration. Ping Pong Diplomacy will be the theme for World Table Tennis Day 2022 and is expected to be the centre message of our major campaigns and events in 2021 and 2022.

Communications

The monthly ITTF Foundation newsletter updates our subscribers on our actions and projects progress.

#FEMpowerment continues with our **Inspirational Women Series**. Moving the spotlight from famous athletes to inspiring individuals within the table tennis community, the new approach highlights the personal journey of women that say no to gender stereotypes and challenge gender inequality in their society.

To engage with various audiences, we have introduced #sundayfunday and #fridayfeeling to Instagram. By sharing interesting images and clips, we are taking a gentle approach to introduce the ITTF Foundation and our work.

We are expanding!

We have welcomed a new team member to our nest in Leipzig. Jia Li is our new Communication Coordinator and yes, she is very happy to be here and excited about the journey ahead. Jia's entrance is merely the beginning of our expansion, we are looking for experienced and passionate individuals to join our team as we kickstart more projects.

Leandro OLVECH, Director
Wiebke SCHEFFLER, Head of Operations
Karine TEOW, Head of Programmes
Julia TAPPENDORF, Global Programmes and Operations Coordinator
Jia Li, Communication Coordinator
Romina CONCHA SEPÚLVEDA, Community Manager
Carolina ROSSO, Graphic Designer
Kiara BORDUKAT, Intern
Jakob KLEINE-KALMER, Intern



2. Chronological overview 2021



February | **Leipzig, GERMANY/CROATIA**
#TableTennisUnited campaign supports Croatia

March | **Worldwide**
Women's History Month celebrated through World Table Tennis Day 2021 promotion

Worldwide
Conference on gender equality and FEMpowerment in Table Tennis

Worldwide
#TTLockdownSmiles video campaign launched

Worldwide
Ping Pong Diplomacy Task Force creation

April | Announcing the biennial of Ping Pong Diplomacy

World Table Tennis Day 2021

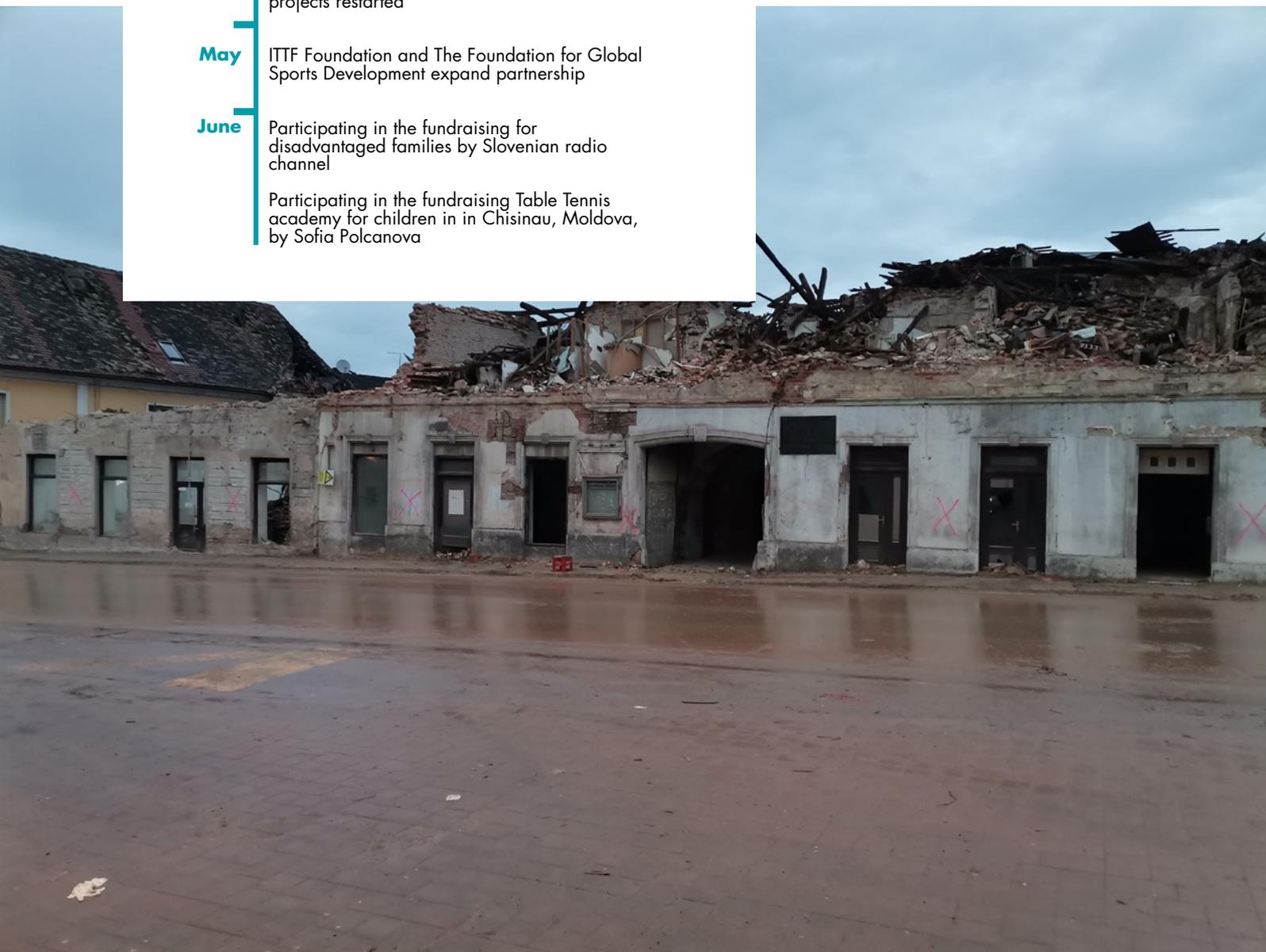
Kosovo former President supports WTTD
#FEMpowerment

Four out of five Dream Building Fund 2020 projects restarted

May | ITTF Foundation and The Foundation for Global Sports Development expand partnership

June | Participating in the fundraising for disadvantaged families by Slovenian radio channel

Participating in the fundraising Table Tennis academy for children in in Chisinau, Moldova, by Sofia Polcanova



TableTennisUnited campaign supports Croatia



TT
DREAM
BUILDING



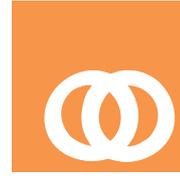
TT
4ALL



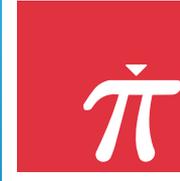
TT
4HEALTH



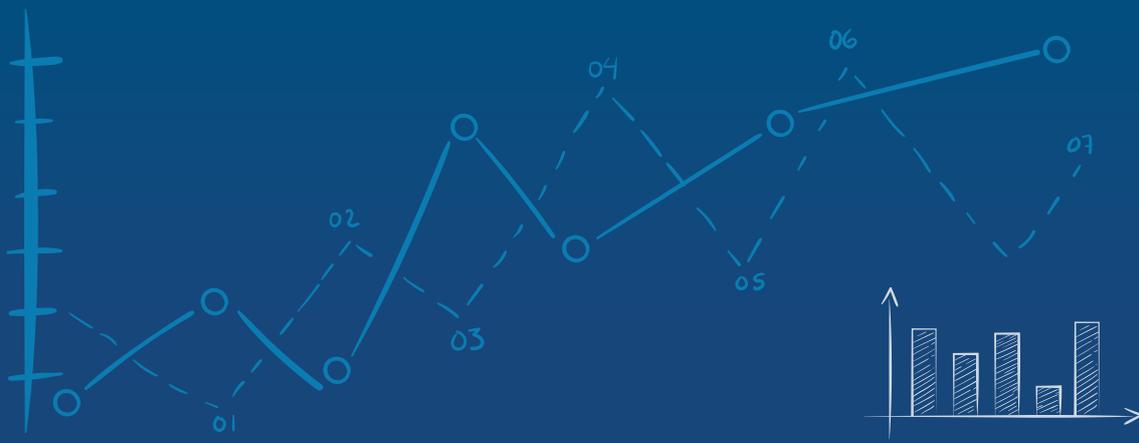
PING PONG
DIPLOMACY



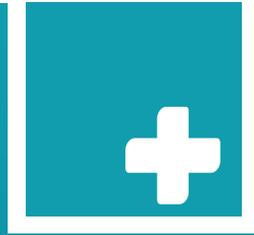
TT
LEGACY



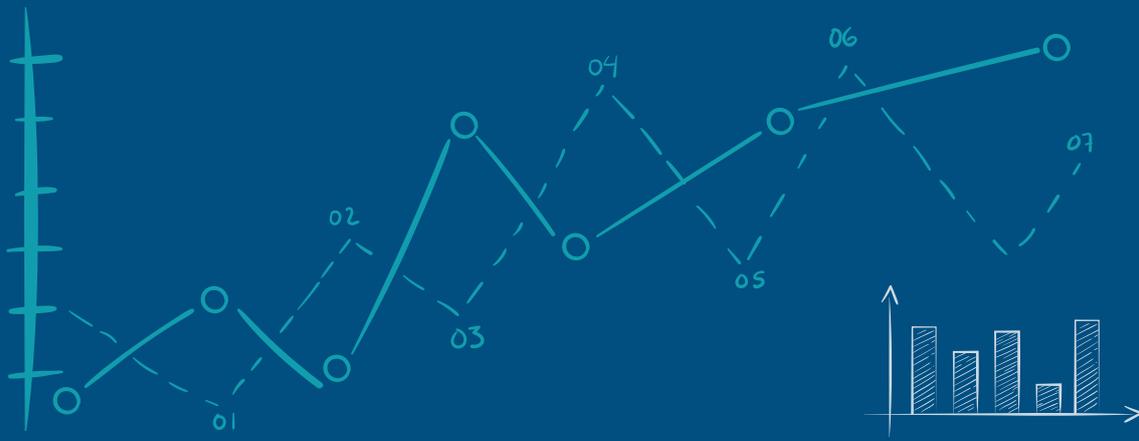
Programmes Overview



TT
DREAM
BUILDING



Dream Building projects are inclusive, sustainable and meaningful initiatives using table tennis as a tool for development and peace



3.1.0

TT Dream Building: Covid-19 Update

All Dream Building projects have been greatly affected by the pandemic and their activities had to be cancelled in March 2020. In April 2020, the ITTF Foundation reallocated funds towards solutions generated by the project leaders to alleviate the impacts of Covid-19 on their communities. For most projects, the cancelled activities had a negative impact on their beneficiaries, whether it is projects in poor communities struggling to have access to food and continue their income generating activities or persons with Alzheimer's needing social contact and physical stimulation. Through TableTennisUnited the majority of projects received additional support for hygiene kits, information, and education. Since then, the majority have been able to restart, although irregularly and with adapted measures.

In 2021, as the effect of the pandemic drags on, Dream Building Fund partners have had to shift their activities, to bring solutions and continue their work in the community.

At the ITTF Foundation, we also have to be more flexible as we support the projects through the various phases: restart, pause, plan and adapt.

For this reason, we started #TTLockdownSmiles, a series of short videos aimed at brightening up the mood and showcase examples of how projects around the world are displaying resilience through innovation and a positive outlook. Project outcomes are for most cases dropping or plateauing but we are confident they will come back stronger as they adapt their activities.

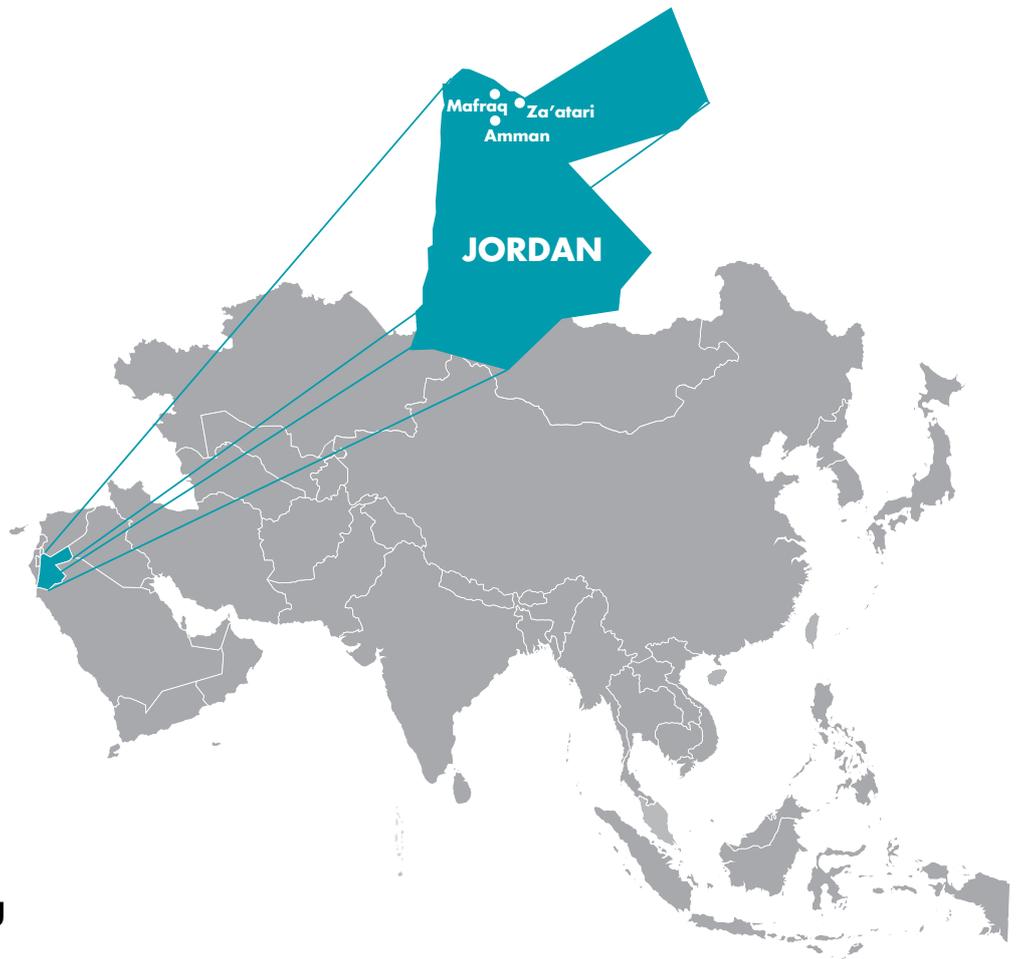
Although most projects are able to restart in different forms and for uncertain lengths of time, we hope the situation will enable the lockdowns to be lifted for the long term and that all project staff, volunteers, students, schools, families and communities will not have been too greatly impacted. We continue to support projects the best we can. We are happy to see so many projects continuing their activities and look forward to the day all projects will be able to continue actions without interruptions.



GHANA



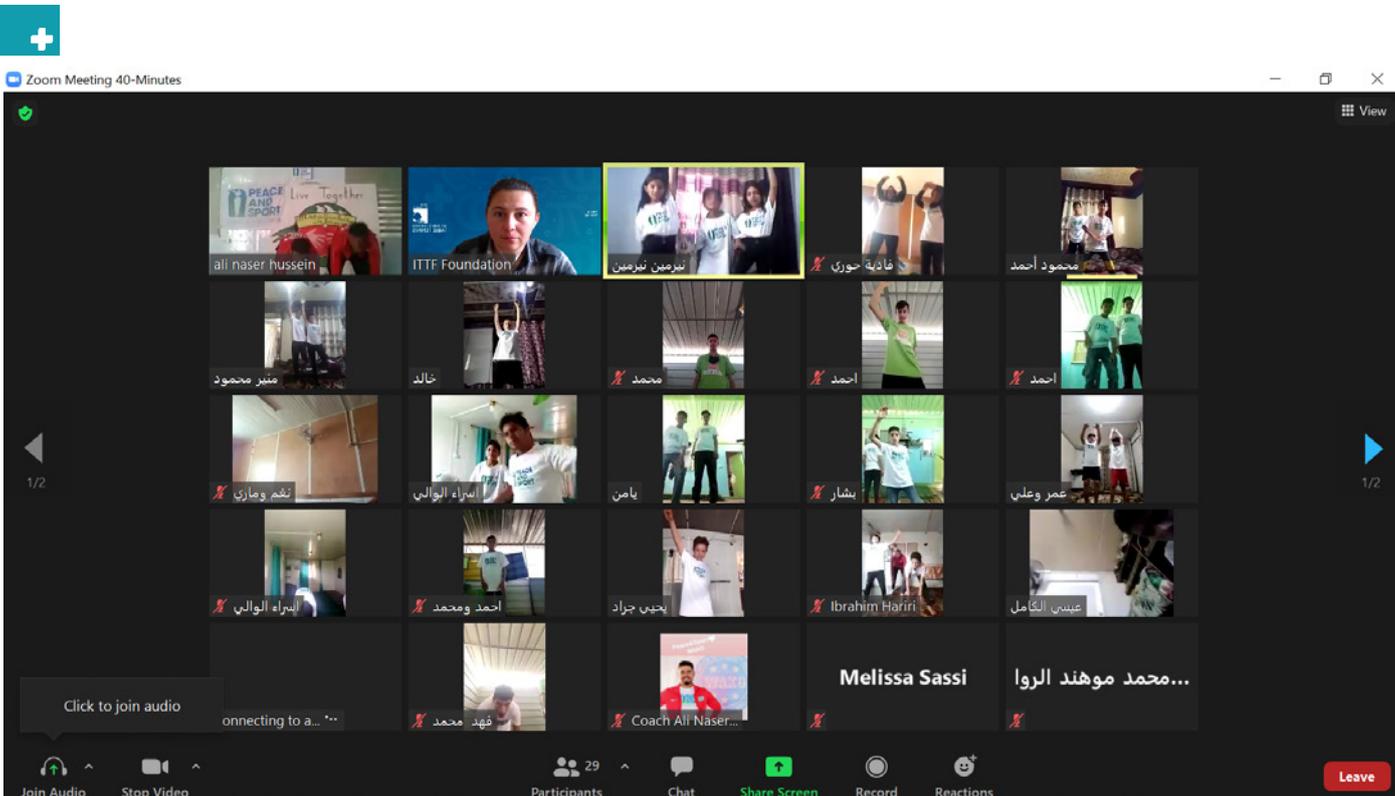
3.1.1



Za'atari Refugee Camp, Jordan: Nittaku Dream Building with Refugees

Location(s)	Za'atari, JORDAN
Status	Ongoing
Start date	April 2018
End date	April 2021
Project description	Table tennis activities in the 5 districts of the camp. More than 146 (boys and girls) are attending the trainings. From Sunday to Thursday, 2 coaches who passed the Level 1 course are coaching the boys in the morning and the girls in the afternoon.
Aim	Using table tennis to promote individual and social change inside the Syrian Refugee community in Za'atari. Increase cooperation and strengthen social cohesion through table tennis between Syrian refugees and Jordanian people.
Target group	Syrian Refugees and Jordanian Community
Partners	UNHCR, Peace & Sport
Sponsors	Nittaku
Awards	Shortlisted for the Sports Business Award in the category "Best Community Scheme" 2019





Highlights 2nd Quarter

Since March 2020, the weekly sessions have been suspended due to the Covid-19 situation. The camp has been closed from entry, including the project coordinator Oday. Rackets and balls have been distributed to the kids around the camp and short online excersises are sent by the coach on a weekly basis to maintain the contact and offer an activity for the kids.

Challenges faced

- Covid-19 lockdown camp closed – looking for online ideas and solutions for activities

Next steps

- Find online activities or solution for the coaches and participants
- Organise activities outside the camp in neighbour Mafraq club
- Female coach recruited to focus on inclusive sessions for persons with disabilities and girls but unable to start



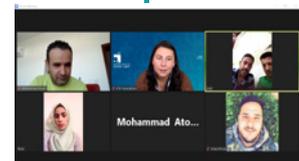
2020
01



2020
02



2020
03

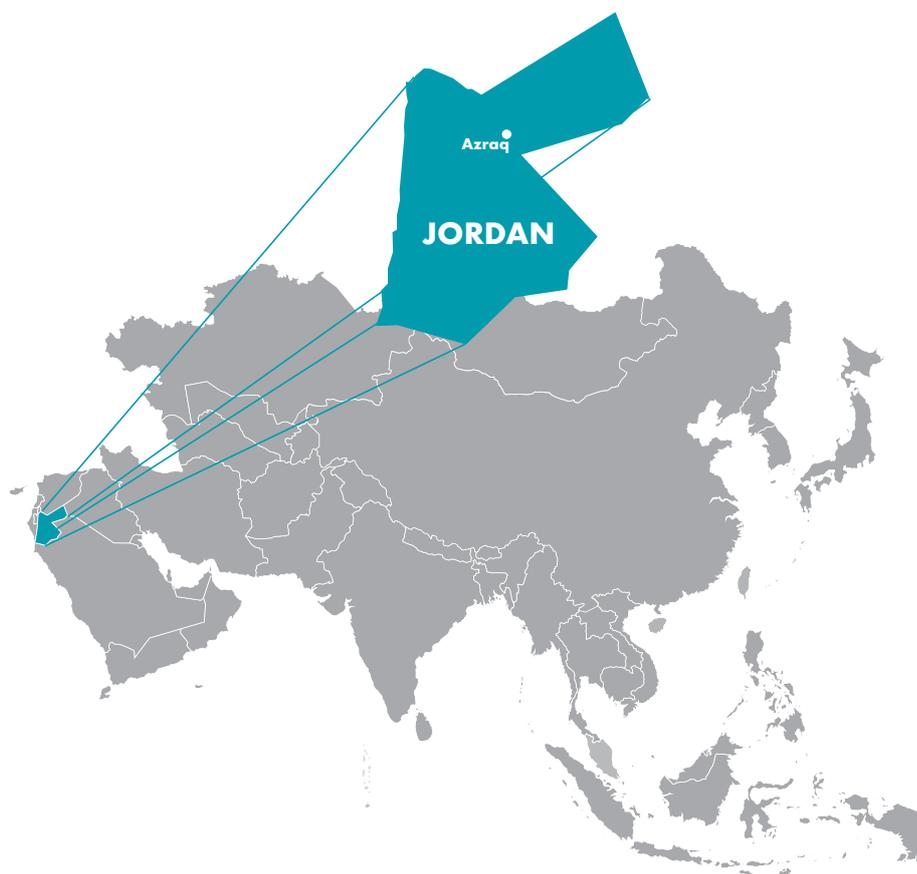


2020
04

3.1.2

Azraq Refugee Camp, Jordan: Dream Building with Refugees

supported by



Location(s)	Azraq, JORDAN
Status	Ongoing
Start date	October 2019
End date	Extended to June 2021
Project description	Refugees with disabilities face double discrimination due to their ethnic origin as well as their disability status. Negative stereotypes and lack of awareness and education results in persons with a disability not being able to access sport, and thus not obtaining the associated benefits sport provides. The Dream Building with Refugees project aims to address this by providing access to para sport for refugees living in Jordanian Refugee Camps.
Aim	Increase Participation, Improve Health Outcomes, Improve Attitudes & Inclusion
Target group	People with a Disability, Refugees, Jordanian Community
Partners	Agitos Foundation, Humanitarian Taekwondo Foundation, Jordan Table Tennis Federation
Sponsors	Agitos Foundation – Grant Support Programme





supported by



Highlights 2nd Quarter

As weekly sessions had been reduced to once a week last quarter due to persons with disabilities not able to join, this quarter saw a renewal of regular sessions.

Challenges faced:

- Potential second Covid-19 lockdown in camp
- Persons with disabilities less able to go to training as considered at risk
- Since the sessions stopped shortly after the start of the programme, re-creating a dynamic to start building regular participants
- Identify participants who could undergo a coaching or umpire training

Next steps

- Get a better picture of the local interest for sessions
- Work with Care and UNHCR to find a solution for training and employment of coaches
- Look at expanding the sessions to the care centres and training the staff
- Wait until travel is possible again to plan an open day and tournament in the camp and potentially invite refugees from the Za'atari camp



"Participants able to restart training"



2020 02



2020 03



2020 04



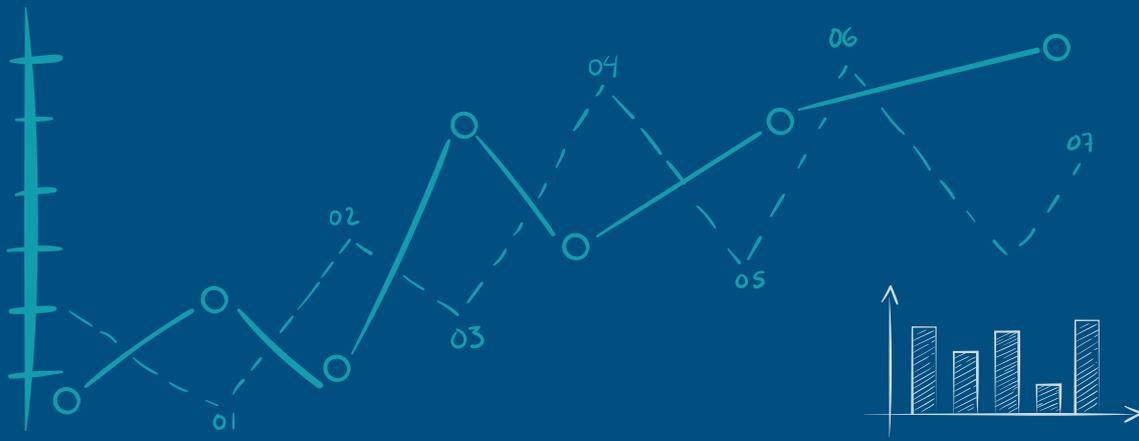
2021 01



**TT
DREAM
BUILDING
FUND**



TT Dream Building Fund is an annual call for projects aiming to support changemakers implementing their ideas to solve problems within their communities through table tennis. These projects aim to make a contribution towards one of the 17 UN Sustainable Development Goals.





3.1.3



Education to success – HONECRIC

Project start date:
01-10-2012

Country – map:
Hoima, Uganda

CONTEXT

For children, mostly living below the poverty line, growing up in Hoima means education is a luxury. Learning to read or to write is not something that is in their future. If they cannot read or write, there are limited possibilities for them to break out of the cycle of poverty.

Hoima Network of Child Rights Clubs (HONECRIC) is convinced that sports can keep children in school and lead them to a better life. The team works together with teachers every day to offer access to quality education, develop life skills and confidence with and without disability through active participation in table tennis. Table tennis is sometimes the glue that keeps them coming back and they cannot play if they have not attended school that day. Sometimes, it is also a way to get a scholarship to secondary school.

OVERALL IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

4 QUALITY EDUCATION

TARGET 4-1

FREE PRIMARY AND SECONDARY EDUCATION

TARGET 4-4

INCREASE THE NUMBER OF PEOPLE WITH RELEVANT SKILLS FOR FINANCIAL SUCCESS

PRIMARY IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

• Individual Change

• Community Change





OUTCOMES

OVERALL
IMPACT

PRIMARY
IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

Knowledge and skills

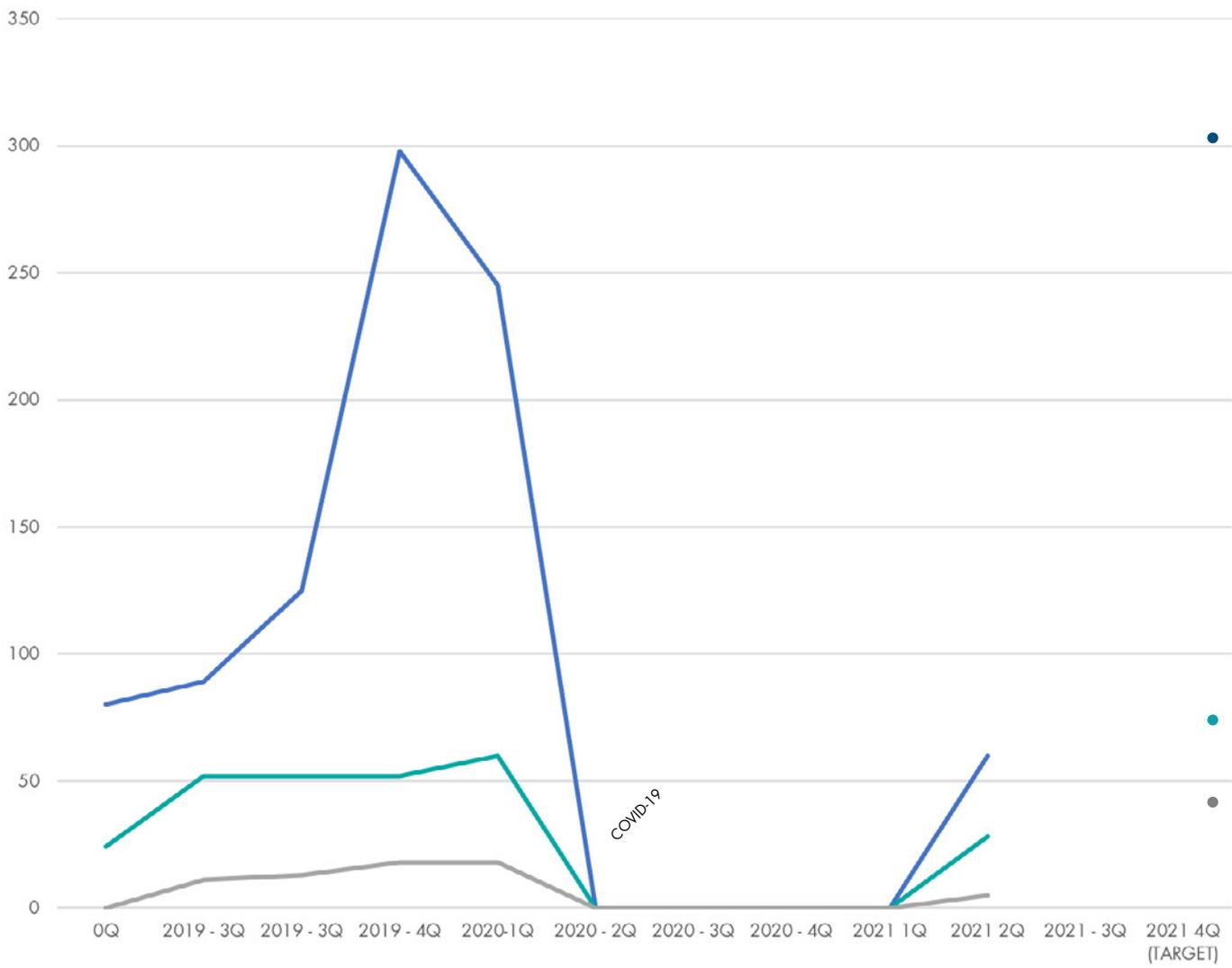
- Develop skills and create employment for coaches and mentors

Circumstance, quality of life or well-being

- The number of children completing primary education significantly increases
- Higher chances for a scholarship into secondary education



OUTPUTS **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**



— OUTPUT Persons with and without disabilities directly benefiting from the programme
 — OUTPUT Adapted, accessible hours per quarter
 — OUTPUT Participants with a disability involved in the program

- TICK BOX**
- ☑ A 5 day training in table tennis for 26 teachers (Individual Change)
 - ☑ Equip the 13 schools with tables, rackets and balls in order to facilitate travel to and from school to increase participation (Community Change)
 - ☑ Offer weekly adapted, accessible sessions open to persons with and without disabilities (Individual Change)
 - ☑ Project awarness reached more than 2000 people (Community Change)

- STILL PENDING**
- ➔ 50 % of participants or their families see school and learning as a priority in life (Community Change)
 - ➔ 25 children with disabilities feel more intergrated (Individual Change)
 - ➔ 50 % of children aspire to a better life (Individual Change)





ACTIVITIES **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**

- In 13 locations, 10 primary schools and 3 secondary schools
- Regular training sessions – weekly training for 500 children with and without disabilities together
- A five-day training in table tennis for 26 teachers
- An annual girl’s table tennis championship named “Hoima girls Table Tennis Championships”
- Organise an annual inter-primary school tournament and an inter-secondary school tournament
- Equip the schools (primary and secondary) with tables, rackets and balls in order to increase participation in regular physical activity

Project activities update:

- 26-06-2020: Covid-19 Update #2: our partners in action
- 22-05-2020: Covid-19 Update #1: solutions from our partners in the field
- 20-02-2020: Building and pushing dreams in East Africa

INPUTS **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**

Project Partners:

- Uganda Table Tennis Association (UTTA)**
- Hoima District Local Government schools**
- Makerere University Business School (MUBS)**
- City tyre**



2020
02

**STAND BY
DUE TO
COVID-19**

2020
03



2020
04



2021
01

Top-Spin to the heart of the project



**Birungi
Lloyd,
teacher,
project
supervisor**

People who make changes are not just the big political leaders, even a single person can make a change in this world.





3.1.4



Points that tear down barriers – FUDELA

Project start date:
01-06-2019

Country – map:
Quito, Imbabura, Santo Domingo,
Esmeraldas and Sucumbios – Ecuador

CONTEXT

Ecuador is now living an unprecedented migration flow of people fleeing from Colombia and Venezuela. As a result, regions located in northern Ecuador present high levels of refugee population, including children and youths. Most of them live in vulnerable conditions and do not have access to a good education and physical activity.

The project “Points that tear down barriers” uses table tennis as a vehicle of integration of Venezuelan, Colombian migrant, and refugee youth with the Ecuadorian community who is also living under difficult conditions in the north.



TARGET 10-2

PROMOTE UNIVERSAL SOCIAL, ECONOMIC AND POLITICAL INCLUSION

10 REDUCED INEQUALITIES



- Individual Change
- Community Change





OUTCOMES **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**

Behaviour or attitude

- 50 % of programme participants and their families report an improvement in attitudes towards them and others from different countries
- 100 beneficiaries who were not physically active before, now take part in regular weekly physical activity
- 100 beneficiaries display an increase in resilience in their daily lives
- 500 participants can identify different solutions to violence they can resort to in different situations

Circumstance, quality of life or well-being

- 80 % of beneficiaries report having made friends and feeling part of the community

OUTPUTS

OVERALL IMPACT

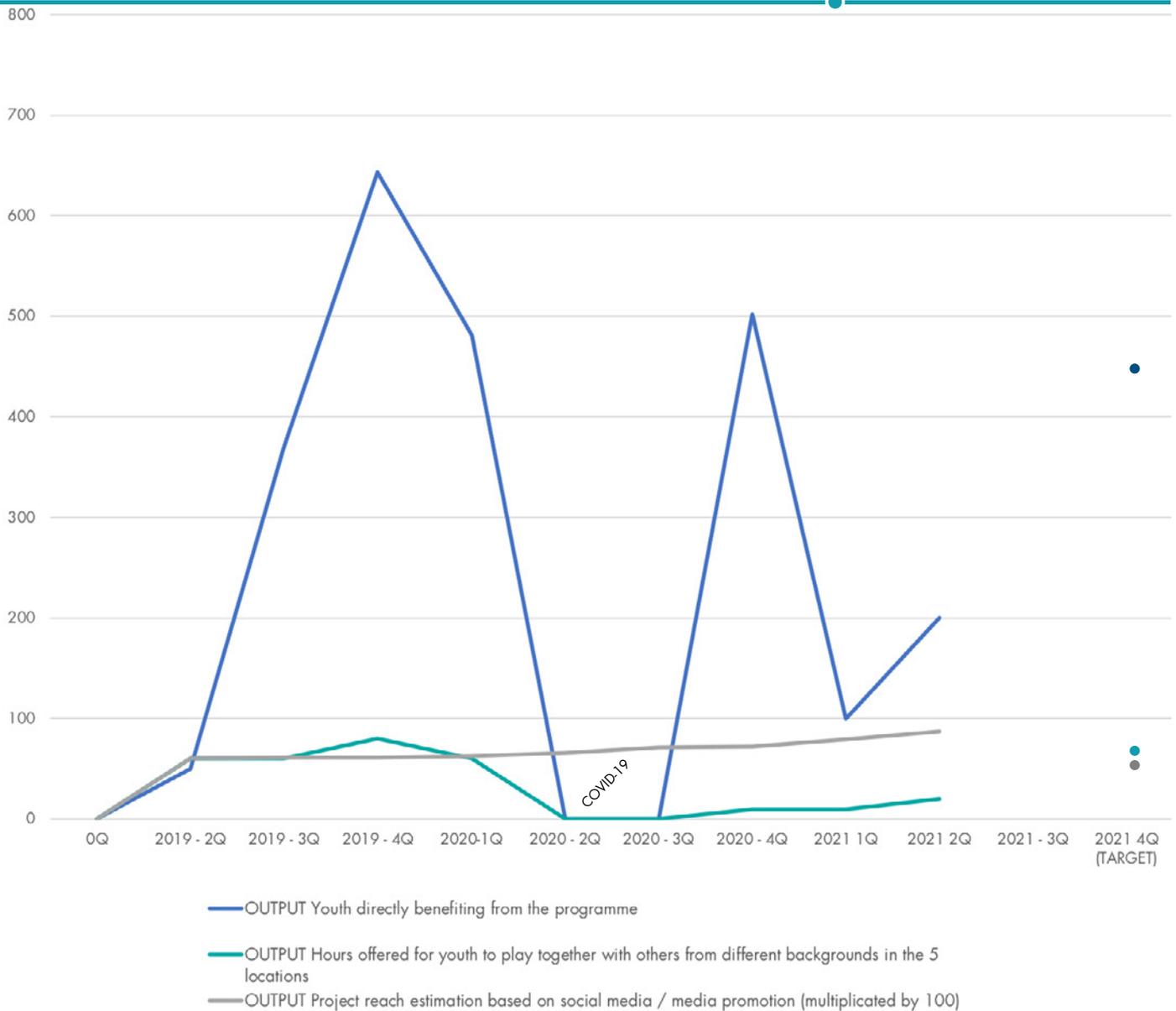
PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

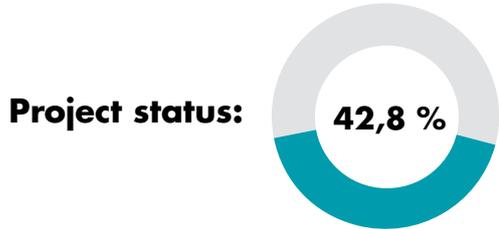


TICK BOX

- 3 coaches have developed their expertise as a coach and had access to further training (Individual Change)
- 600 youth directly reached through the project (Individual Change)
- 100 beneficiaries who were not physically active before, now have access to regular physical activity (Individual Change)

STILL PENDING

- ➔ 80 % of beneficiaries report having made friends and feeling part of the community
- ➔ 500 participants can identify different solutions to violence they can resort to in different situations
- ➔ 50 % of programme participants and their families report an improvement in attitudes towards them and others from different countries
- ➔ 100 beneficiaries display an increase in resilience in their daily lives



ACTIVITIES OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS

- Coordination, setup and planning with communities (ongoing)
- Working sessions on values (monthly in all locations)
- Life skills training sessions (bi-monthly in each locations)
- Training courses (2 annual workshops)
- Table tennis integration festivals (2 annual events)

Project activities update:

- 26-06-2020: Covid-19 Update #2: our partners in action
- 20-06-2020: TT 4 World Refugee Day 2020
- 22-05-2020: Covid-19 Update #1: solutions from our partners in the field
- 22-08-2019: Dream Building Fund Projects Making Progress – Part 1

INPUTS OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS



2020
02



2020
03



2020
04



2021
01

Top-Spin to the heart of the project

TESTIMONIALS



**Marilay,
coach**

“A 10-year-old participant from the Casa Aza orphanage has speech problems, little verbal pronunciation for his age and low motor coordination due to traumatic events relating to his mother’s death and his father in prison. His responsible person has agreed with him that, if he treats himself with respect and follows the instructions in the table tennis workshops, he will continue to attend. Because he enjoys this sport so much, attends regularly and receives help from of facilitators and coaches, he handles the racket better and his behavior has made him win new friends.”

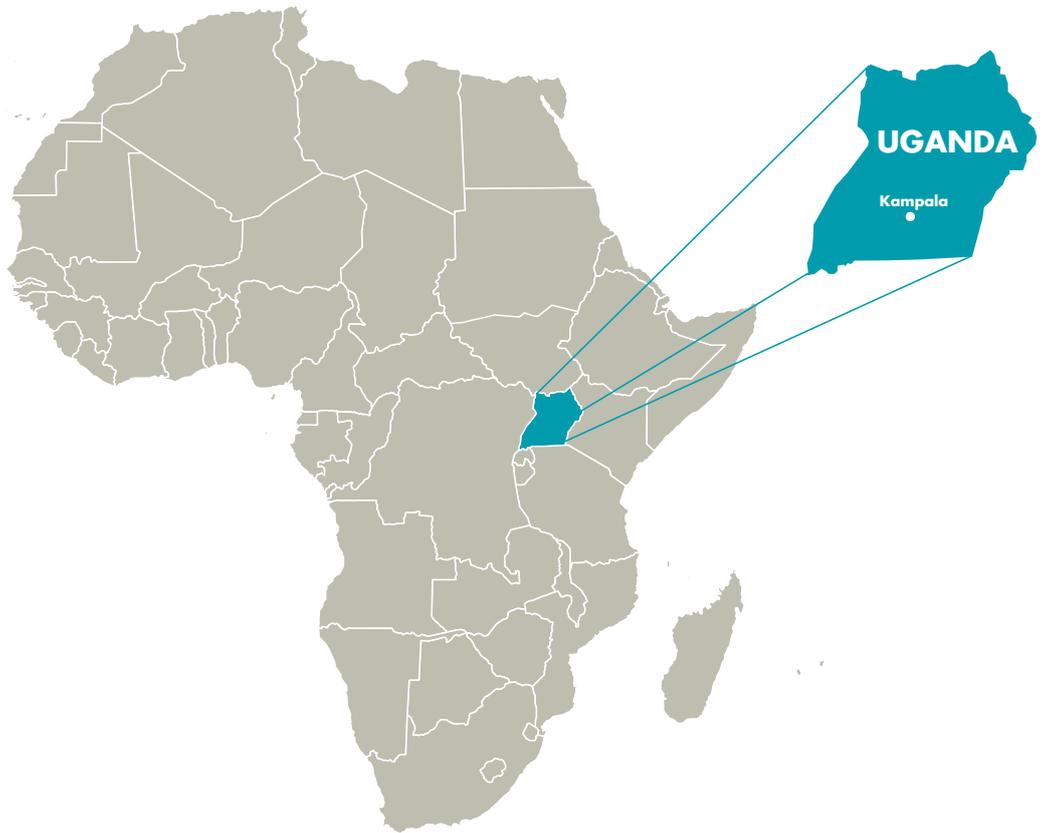
“A Venezuelan 13-year-old girl has motor disabilities in both legs and arms. She used to be ignored because of her condition. Due to her resultant insecurity she could not play any sport. But in the performed work sessions she has managed to adapt easily when taking the racket and overcame the first obstacles, e.g. balance between cones. With this initial motivation, she continued the activity and acquired different table tennis skills. When her mother saw this accomplishment, she was crying with joy to see her daughter empowered in this way.”





3.1.5

Slum Ping Pong



Project start date:
01-07-2019

Country – map:
Kampala, Uganda

CONTEXT

Poverty is prevalent in large slum areas of Kampala. Opportunities for these children are very limited in these areas. Although free education for all children at primary school level is the official discourse, **parents or guardians are still expected to pay tuition fees. Many simply do not dispose of the financial means to do so.**

The Slum Ping Pong project aims to use table tennis as a tool to offer children living in slums of Kampala, Uganda, access to education and a way to break the cycle of poverty by offering free regular table tennis sessions, school support, role models through slum coaches and advice where possible.



4 QUALITY EDUCATION

TARGET 4-1

FREE PRIMARY AND SECONDARY EDUCATION

TARGET 4-4

INCREASE THE NUMBER OF PEOPLE WITH RELEVANT SKILLS FOR FINANCIAL SUCCESS



- Individual Change





OUTCOMES

OVERALL
IMPACT

PRIMARY
IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

Behaviour or attitude

- To increase the self-esteem, dignity, and hope for the future among the 100 participants of the programme

Knowledge and skills

- To educate participants about leading a healthy life: eating, drugs, violence

Circumstance, quality of life or well-being

- To offer access to primary education to the 100 children living in the slums
- To develop skills of children and coaches participating in the programme that may lead them towards employability and a better quality of life
- At least 6 % of participants in the programme gain access to secondary education



OUTPUTS

OVERALL IMPACT

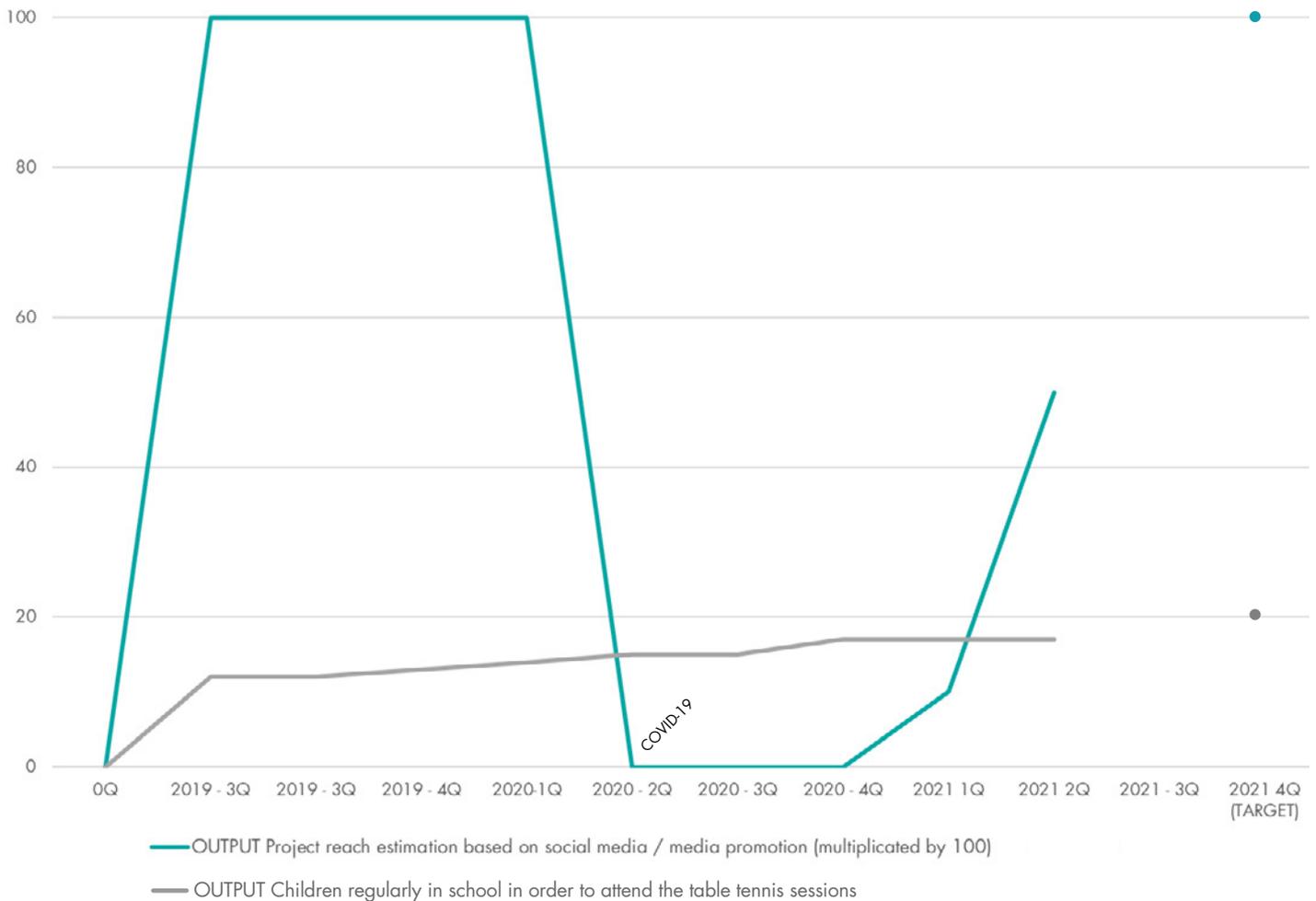
PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS



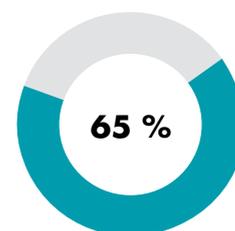
TICK BOX

- 7 coaches have been trained as a table tennis coach (Individual Change)
- 7 coaches have a regular job and have improved their quality of life since the start of the project (Individual Change)
- 100 children take part in weekly table tennis sessions and attend school as a result of this programme (Individual Change)
- Examples of participants displaying their increase in self-esteem, dignity, and hope for the future since joining the program (Individual Change)

STILL PENDING

- ➔ 100 beneficiaries and their families imagine a different future as community awareness has grown in seeing table tennis as a tool for education (Community Change)
- ➔ At least 10 % of participants in the programme gain access to secondary education (Individual Change)

Project status:





ACTIVITIES **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**

- Weekly sessions run in all three schools
- Tournaments and festivals
- In 3 schools spread across Kampala: Police Children School, Home of Joy Salvation Army School (home for children with disabilities), Railway Children Primary School

Project activities update:

- 26-06-2020: Covid-19 Update #2: our partners in action
- 26-05-2020: Finalists at the Sports Business Awards 2020
- 20-02-2020: Building and pushing dreams in East Africa
- 17-01-2020: Dream Building Fund Projects Making Progress – Part 2

INPUTS **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**



**2020
02**



**2020
03**



**2020
04**



**2020
01**

Top-Spin to the heart of the project

TESTIMONIALS



**Mark Winter,
Director of
Slum Ping Pong**

“What initially impressed me was that SPP was operated by a group of young, financially very poor table tennis players for the benefit of children from even poorer slum backgrounds. SPP have never taken donations or support for granted and have always been honest, open and ready to discuss. The coaches and children are proud of being part of the Slum Ping Pong family, and so am I.”





3.1.6

Empowering Inclusive leadership - Ping Pong Alkmaar



Project start date:
01-07-2019

Country - map:
Alkmaar, the Netherlands



CONTEXT

Ping Pong Alkmaar aims to provide an inclusive space for the whole community of Alkmaar and its surroundings. The club strives beyond the delivery of sessions open to all by building the foundations of a transparent, representative, accountable institution incorporating diversity within its leadership.

The project works closely with the Alkmaar Council and local refugee support groups to address the issue of integration in the area. The club aims to provide refugees with tools for integration, a safe space to feel included, an opportunity to learn and improve, a social network, a regular time slot for interaction, an opportunity to improve language skills and pathways towards taking on leadership roles within the club during the project life cycle.

OVERALL IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

TARGET 16-6

DEVELOP EFFECTIVE, ACCOUNTABLE AND TRANSPARENT INSTITUTIONS

TARGET 16-7

ENSURE RESPONSIVE, INCLUSIVE AND REPRESENTATIVE DECISION-MAKING

PRIMARY IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

• Individual Change

• Institutional Change





Behaviour or attitude

- 80 % of programme participants and their families report seeing an improvement in attitudes towards them and others from different countries
- 100 direct and indirect beneficiaries display more awareness and challenge their former bias towards other communities
- Include persons of migrant background, disability and women in leadership position within the club.
- The decision body of the club is made publicly available and includes a minimum of one person from a migrant background and one person with disabilities and works towards equal gender representation.

Knowledge and skills

- 100 % of regular participants with migrant background have improved their language skills during the project life cycle
- At least 5 regular participants in the club either have a clear understanding of pathways to leadership positions or a development plan within the project life cycle

Circumstance, quality of life or well-being

- 30 beneficiaries report making friends, having fun, feeling good and looking forward to seeing their fellow participants in training
- 80 % of beneficiaries report having made friends and feeling part of the community and identify with the leadership of the club
- The club can share good practice examples of youth expressing their feeling of integration within the club



OUTPUTS

OVERALL IMPACT

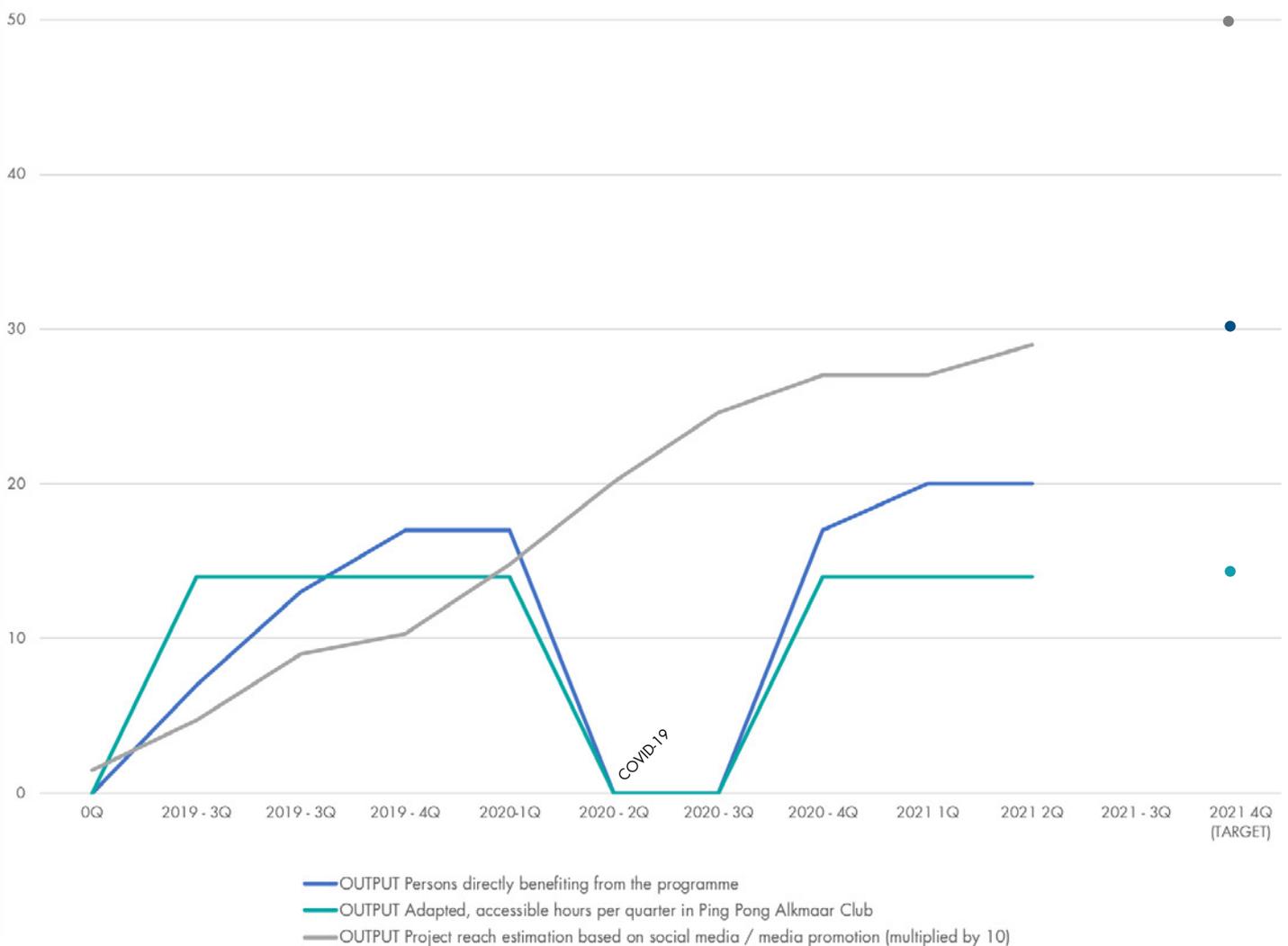
PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS



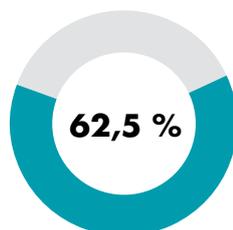
TICK BOX

- Offer 2 inclusive sessions per week, targeting mainly migrants and native-borns together (Individual Change)
- 2 coaches trained and experienced in the programme (Individual Change)
- Project awareness reached more than 2,000 people (Community Change)

STILL PENDING

- ➔ 80 % of programme participants and their families report, seeing an improvement in attitudes towards others (Community Change)
- ➔ 5 regular participants either have a clear understanding of pathways to leadership positions or a development plan within the project life cycle (Individual Change)
- ➔ 100 % of regular participants with migrant background have improved their language skills during the project life cycle
- ➔ 100 direct and indirect beneficiaries are happy to be part of a club that includes persons of migrant background, persons with disabilities, and women in leadership position
- ➔ The club governance includes a minimum of one person from a migrant background, one person with disabilities and works towards equal gender representation (Structural Change)

Project status:





ACTIVITIES OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS

- Weekly session of 2 hours will take place over 3 years (40 weeks per year, linked to school term time)
- Annual tournaments and festivals for all are organised
- A safe space for dialogue involving the participants and their families is in place
- Showcases take place in Alkmaar’s community centres
- Regular promotional activities and awareness raising sessions are created and disseminated, together with the participants
- Language support is offered on demand to regular participants
- Hold regular official club management meetings that are recorded
- Communicate regularly and transparently about decision making and promote diversity throughout this communication

Project activities update:

- 20-06-2020: TT 4 World Refugee Day 2020
- 19-12-2019: Dream Building Project Leader Wins Heart for Sport Award
- 22-08-2019: Dream Building Fund Projects Making Progress – Part 1

INPUTS OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS



2020 02

Top-Spin to the heart of the project

TESTIMONIALS



Rob, teacher Special refugee classes

“It is amazing to see the children engaging with the robots and play – some of them have never experienced technology like this before. We are thankful because table tennis is a fun way of bringing them together, it is nice to see them playing together. They don’t have to use language, they just have to play.”



Yusuf Noelle, participant in the community session

“It is really nice that there are so many people from different backgrounds here!”



2020 03



2020 04



2021 01



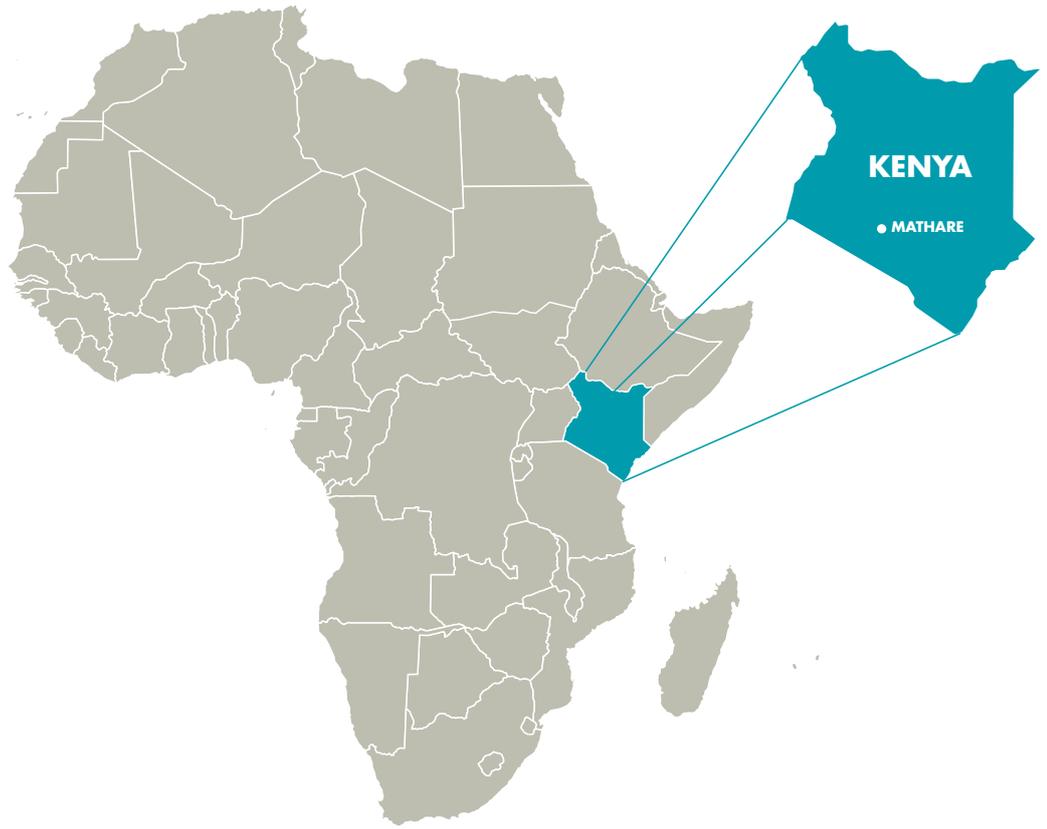
3.1.7

Mathare Tables for Hope - Talent4Development



Project start date:
01-07-2019

Country – map:
Mathare slums of Nairobi, Kenya



CONTEXT

Mathare is a collection of slums with a population of roughly 500,000 people, the majority living below the poverty line. For children growing up in the slums, daring to dream and imagining another life is not an option. Breaking the cycle of poverty when you cannot afford to learn how to read and write or have any role models to show you a different path is nearly impossible.

Through the project Mathare Tables for Hope, Talent 4 Development wants to give children the ability to imagine a different future and their tools of education to live their dream.

OVERALL IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS



PRIMARY IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

- Individual Change





Primary video 1

OUTCOMES OVERALL IMPACT PRIMARY IMPACT **OUTCOMES** OUTPUTS ACTIVITIES INPUTS

Knowledge and skills

- Develop skills and create employment for coaches and mentors

Circumstance, quality of life or well-being

- The number of children completing primary education significantly increases
- Chances for a scholarship into secondary education increased



OUTPUTS

OVERALL IMPACT

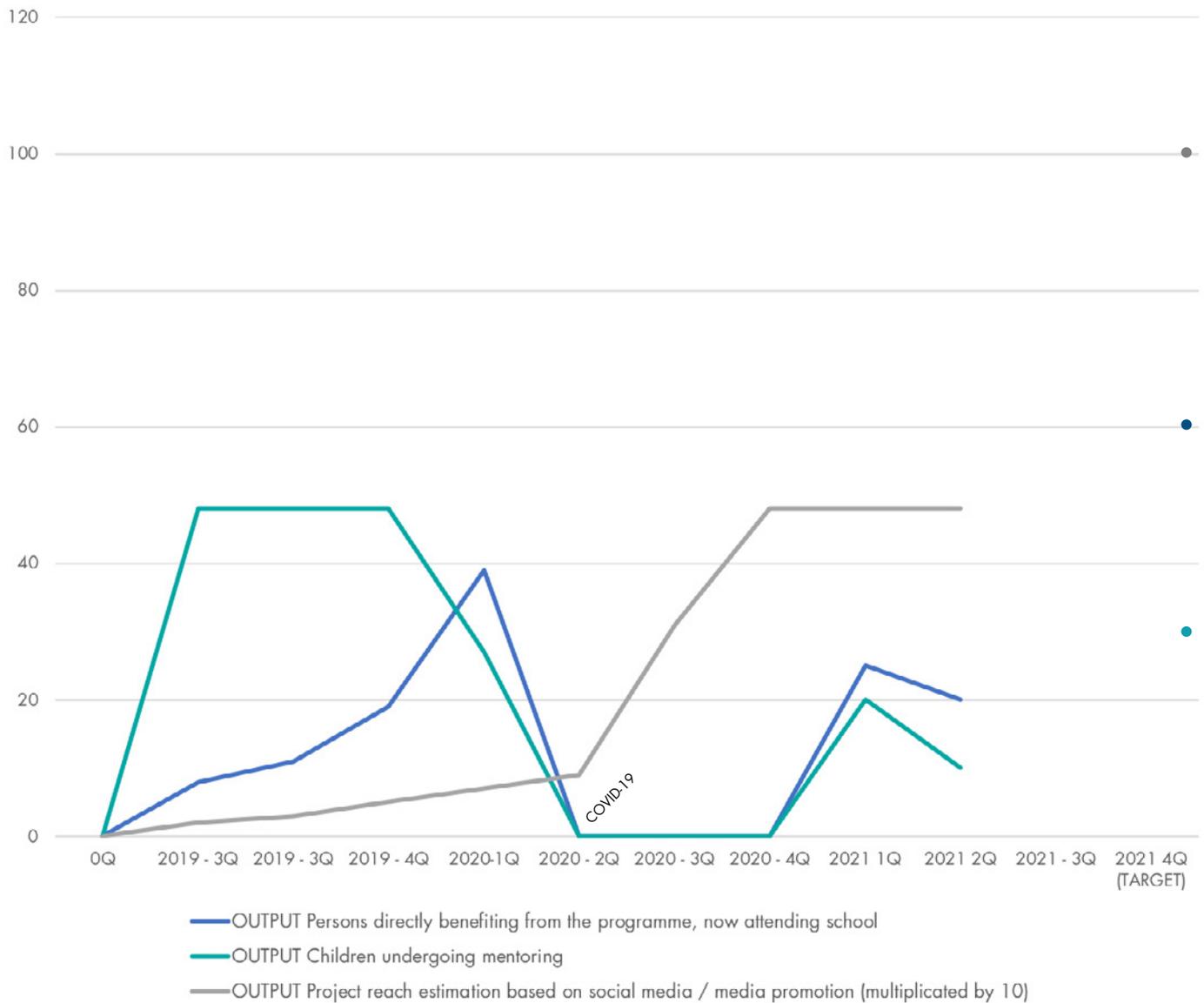
PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

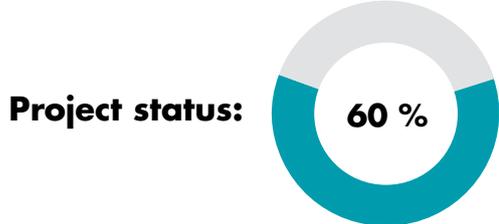


TICK BOX

- 3 coaches trained in delivering table tennis sessions and mentoring for personal development (Individual Change)
- 39 Children regularly attend school and table tennis sessions (Individual Change)
- 20 Children receive regular safe space to build their future (Individual Change)

STILL PENDING

- ➔ 21 more children from the slums of Mathare will attend school regularly through joining the programme (Individual Change)
- ➔ 10 more children receive a regular safe space to think of, imagine and plan steps towards a future they want through mentioning session (Individual Change)
- ➔ At least 20 participants aspire for a better life and aim to complete their education (Individual Change)



ACTIVITIES **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**

- Regular training sessions – weekly training in the Drive in School Hall, Mathare
- Weekly mentoring programme
- Inauguration and “End of the year” event
- Local and national competitions
- Coaching clinics
- Hosting tournaments for a social cause
- Nairobi schools and universities programme

Project activities update:

- 26-06-2020: Covid-19 Update #2: our partners in action
- 22-05-2020: Covid-19 Update #1: solutions from our partners in the field
- 20-02-2020: Building and pushing dreams in East Africa
- 22-08-2019: Dream Building Fund Projects Making Progress – Part 1

INPUTS **OVERALL IMPACT** **PRIMARY IMPACT** **OUTCOMES** **OUTPUTS** **ACTIVITIES** **INPUTS**



2020
01



2020
02

Top-Spin to the heart of the project

TESTIMONIALS



Joseph Owino,
26 years old,
head coach

“Since we started the programme my life has really changed, my mindset is different. I feel very motivated to work hard, to help all the kids in the Academy, improving and learning everyday to become a role model for them and other youths.”



Mery Mwende,
28 years old,
head volunteer
and player

“When I found T4D it was like my dream came true. Now I have a second family and in the future I want to open my own table tennis academy to empower other young girls, help them achieve their dreams.”

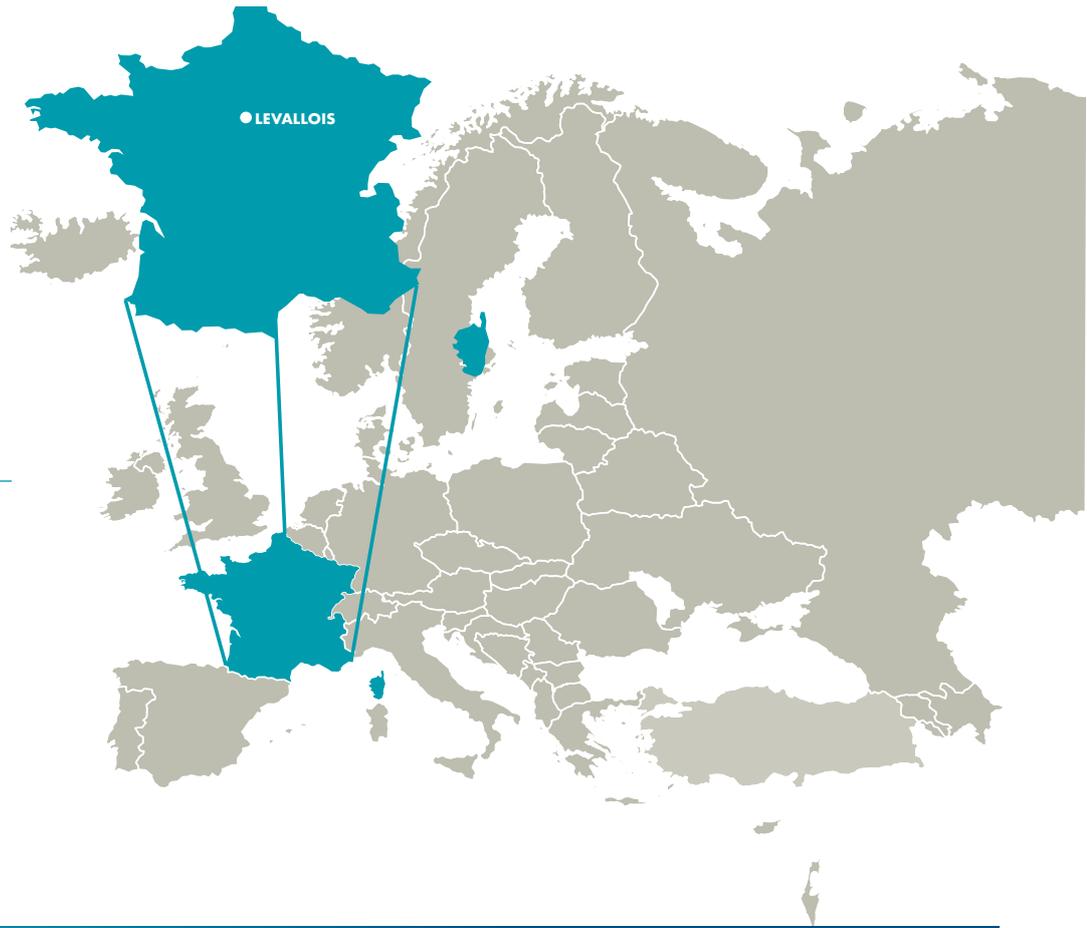


2020
03



2020
04

Ping 4 Alzheimer's Levallois, France



Project start date:
01-04-2019

Country - map:
Levallois, France

CONTEXT

Studies have shown that table tennis has a positive impact on brain stimulation for people with Alzheimer's disease and that regular participation could offset and delay the effects of the disease. In using these studies, the Levallois club developed adapted table tennis sessions targeted towards persons with the disease. Table tennis offers a drug free, fun, social treatment that can help slow the progression of the disease and improve quality of life.

OVERALL IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

TARGET 3-4

REDUCE MORTALITY FROM NON-COMMUNICABLE DISEASES AND PROMOTE MENTAL HEALTH

3 GOOD HEALTH AND WELL-BEING

PRIMARY IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

• Individual Change

• Community Change

• Institutional Change





Behaviour or attitude

- 30 persons with Alzheimer’s disease participate in regular accessible and adapted physical activity
- 600 persons in the club have developed a greater understanding of the Alzheimer’s disease since the start of the programme

Knowledge and Skills

- 5 other clubs in France partner with France Alzheimer’s and offer regular specific sessions

Circumstance, quality of life or well-being

- 30 regular participants and/or their caregivers notice an improvement in their quality of life since integrating the programme.



OUTPUTS

OVERALL IMPACT

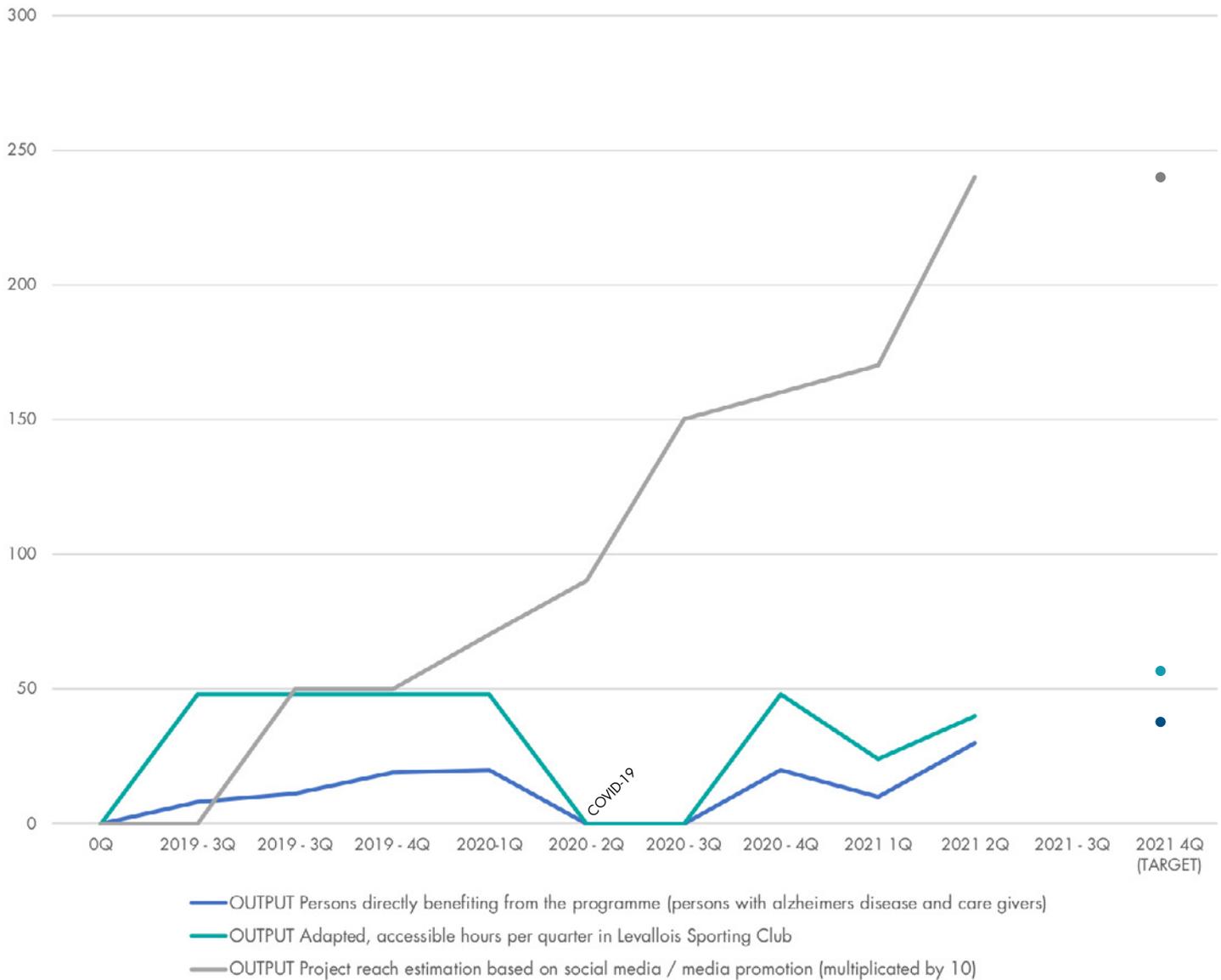
PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS



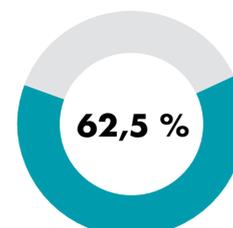
TICK BOX

- Partnership formed with France Alzheimers and the FFTT around the project (Institutional Change)
- New association Ping4Alzheimers created (Institutional Change)
- Adapted accessible sessions open to persons with Alzheimer's disease (Community Change)
- 2 coaches trained and experienced in the programme (Individual Change)
- Project awarness reached more than 2000 people (Community Change)

STILL PENDING

- ➔ 5 other clubs in France run a Ping4Alzheimers programme (Community Change)
- ➔ 600 persons in the club understand more about Alzheimer's disease (Community Change)
- ➔ 30 Persons with Alzheimer's disease participate regularly (Individual Change)

Project status:



ACTIVITIES

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

- 2 weekly 2-hour sessions
- Training development for coaches and clubs
- Regular discussions with caregiver/caretakers
- Partnership with France Alzheimer's
- Launch of a network of clubs ready to get involved in such an initiative

Project activities update:

- 25-09-2020: [Ping4Alzheimer online platform created, spreading the project from a regional to a national level](#)
- 17-06-2020: Unexpected hours of health and happiness
- 17-01-2019: Dream Building Fund Projects Making Progress - Part 2

INPUTS

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS



FOLLOW THEM



STAND BY
DUE TO
COVID-19

2020
02



2020
03



2020
04

Top-Spin to the heart of the project

Ping4Alzheimer
15. September um 09:45 · 🌐

Un énorme merci au [Le magazine de la santé](#) sur [France 5](#) de nous avoir mis en avant sur l'émission d'hier. 🎯 Un programme qui prend tout son sens avec la collaboration entre la [FFT - Fédération Française de Tennis de Table](#) et [France Alzheimer et maladies apparentées](#). 🙌

Tout a commencé au [Levallois Sporting Club Tennis de Table](#) au sein du [Levallois Sporting Club](#) à Levallois Perret il y a 2 ans.

Un grand merci également à nos amis de [France Alzheimer 92](#) et à [@ITTF Foundation](#) - ... Mehr ansehen



Reportage sur France 5 - Le magazine de la santé

Nachricht senden

185

36 Kommentare 435 Mal geteilt

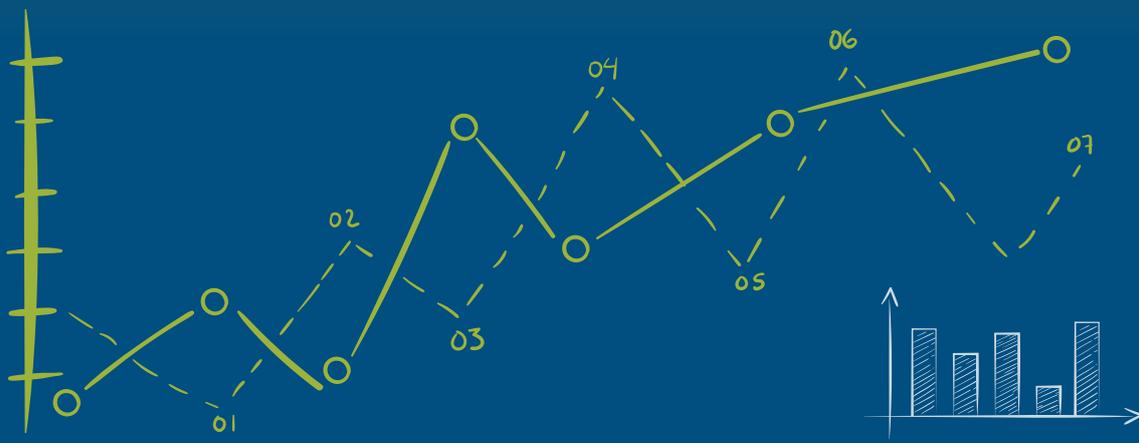


2021
01

TT
4ALL



TT4ALL makes table tennis accessible to the broad public, focusing on different kinds of people in terms of gender, social status, culture and physical ability and on the inclusion of disadvantaged groups, such as refugees, people with special needs, etc.



3.2.0

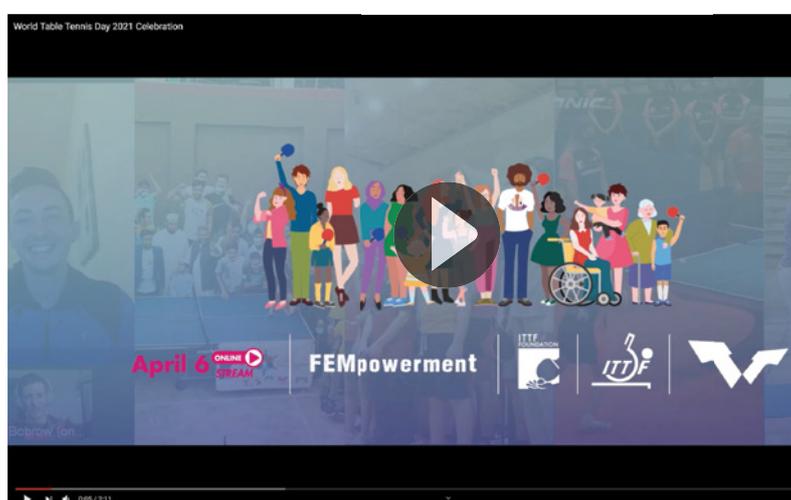
TT4ALL: Covid-19 Update

- **World Table Tennis Day:**

April 6 online stream successfully conducted

Promoter Initiative: 47 Promoters celebrated WTTD smashingly, 68 % of whom were female

- **Tables 4 ALL:** on standby



313

EVENTS and HOME CELEBRATIONS in

98

COUNTRIES and TERRITORIES

21

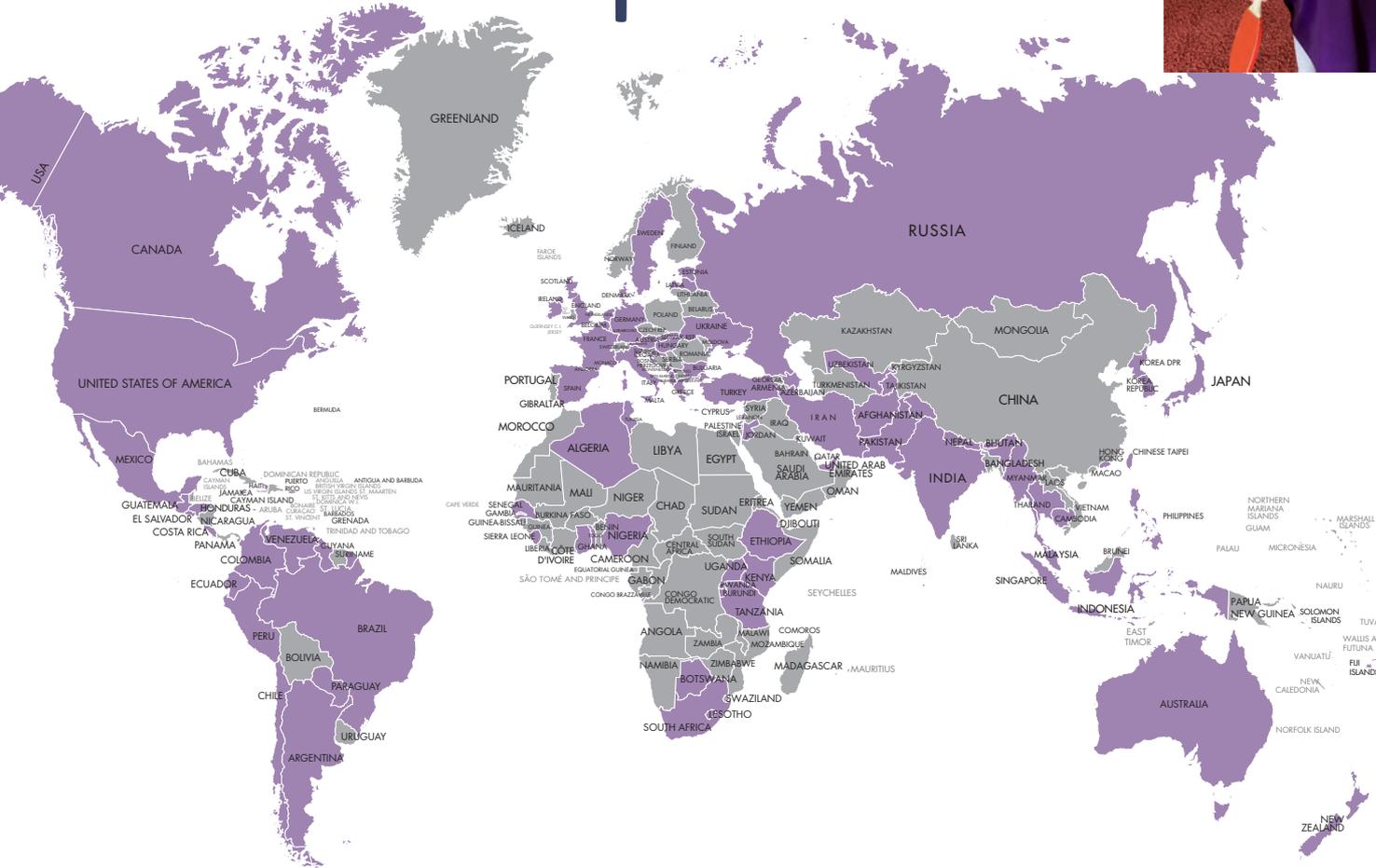
AVERAGE NUMBER OF **NEW FEMALE PLAYERS** PER PROMOTER'S CLUB

Watch the WTTD 2021 Celebrations video here!



3.2.1

WORLD TABLE TENNIS DAY



CONTEXT

Taking place every year on April 6, World Table Tennis Day celebrates the joy of playing table tennis for fun, bringing people together, while the focus is less on competition and more on participation and enjoyment.

Our overall aim is to motivate others to contribute to the United Nations Sustainable Development Goals (Global Goals) through their event, which differs from edition to edition. **World Table Tennis Day 2021 focusses on gender equality and FEMpowerment** due to 1. a general low participation rate of girls and women in table tennis; 2. an unfair situation as it is not yet achieved that all genders have the same human rights; and 3. because girls and women constitute the largest group of disadvantaged people.

OVERALL IMPACT

OVERALL IMPACT

PRIMARY IMPACT

OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS



PRIMARY IMPACT OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS

Individual Change

- ✔ Female WTTD Promoters and organisers feel empowered
- ✔ Change of mindset regarding gender equality took place
- ✔ Foundation followers feel inspired by our materials (social media posts, articles, newsletter)

Community Change

- ✔ WTTD Promoters use the network created in the future
- ✔ Female athletes joined a Table Tennis club after WTTD



OUTCOMES OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS

Behavior or attitude

- ✘ 20 % of male WTTD participants brought a female friend
- ✔ 50 % of WTTD participants and Foundation followers changed their mindset towards women and girls

Knowledge and Skills

- ✔ 70 % of WTTD participants and Foundation followers increased knowledge on gender equality
- ✔ 50 % of WTTD participants and Foundation followers learnt how to empower women and girls through Table Tennis

Changes within target population

- ✔ 60 % of WTTD participants were female
- ✘ 75 % of WTTD events adapted their events to this year's topic
- ✘ 50 % of WTTD organisers were female

Circumstance, quality of life or well-being

- ✘ 20 % of female participants within the events organised by the WTTD Promoters report having joined a Table Tennis club or association
- ✔ 100 % of the Promoters gained a network with people from the Table Tennis community interested in gender equality
- ✔ 80 % of the Promoters report feeling empowered

OUTPUTS

OVERALL IMPACT

PRIMARY IMPACT

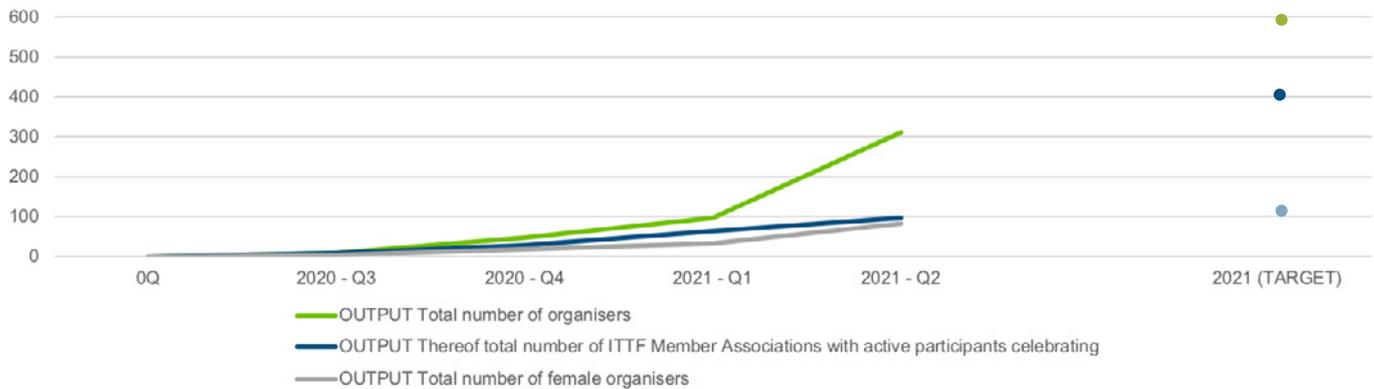
OUTCOMES

OUTPUTS

ACTIVITIES

INPUTS

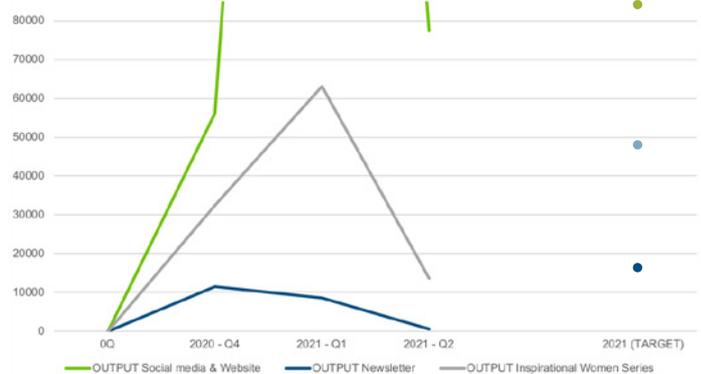
Organisers and active Member Associations



TICK BOX

- ✓ Focus on pillar inclusiveness (Community Change)
- ✓ Raising awareness of gender inequality (Individual & Community Change)
- ✓ Provide information to educate about gender (in)equality (Individual & Community Change)
- ✓ 15 newsletters and 13 polls & interactive questions published (Individual Change)
- ✓ 47 WTTD Promoters active (Individual & Community Change)
- ✓ Network created within the Promoters (Individual Change)
- ✓ WTTD Promoters contributed to an increase of women and girls in Table Tennis (Community Change)
- ✓ 2 online seminars hosted (Individual Change)
- ✓ Promotional video published in 5 languages (Community Change)
- ✓ Celebration video and report published (Community Change)
- ✓ Project and topic awareness counted more than 85,000 views (Community Change)

Project reach based on promotion



NOT ACHIEVED

- ✗ Main event celebrations on all continents (Community Change)
- ✗ 53 more WTTD Promoters active (Individual & Community Change)

Project status:



ACTIVITIES OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS

- ✓ Raising awareness and educating about topics related to gender equality and female empowerment
 - 15 biweekly newsletter
 - 13 biweekly polls and interactive questions
 - 1 online seminar accessible to all
 - Articles on itffoundation.org
- ✓ Reactivation of the Inspirational Women Series to increase female media presence and to spotlight women in order to inspire other people
- ✓ Network-building and guidance throughout WTTD Promoters Initiative
 - 47 WTTD Promoters celebrated
 - 1 online seminar exclusively for Promoters
 - Regular communication with Promoters
- ✓ Collaboration with partner organisations to reach a wider audience and to learn from each other
- ✓ Collaboration with ITTF High Performance & Development team

Best of Newsletters:

05-03-2021: Sport knows no gender

08-01-2021: Building a better future for all

04-12-2020: Bring the boys: Everybody aboard!

20-11-2020: Turning the Tables on Violence

22-10-2020: Smashing gender inequality with table tennis – It's no racket science!

Best of Project activities update:

15-06-2021: Nepalese Table Tennis Player Smashes Traditional Gender Roles

04-05-2021: WTTD in Argentina, a Tested 4-Step Recipe for a Successful Social Responsibility Event

13-04-2021: The World is Your Table Tennis Ball – How WTTD 2021 is Celebrated Around the Globe

07-04-2021: Around the Globe on World Table Tennis Day 2021

09-03-2021: FEMpowerment: the new norm of the International Table Tennis Community

Best of Inspirational Women Series:

24-03-2021: Maira Ranzeiro: The first black champion in Brazil

17-03-2021: Adriana Diaz: An inspiration on and off the court

01-03-2021: Carole Grundisch: Fighting for gender equality in table tennis

29-01-2021: Aida Dahlen: Unstoppable Strength of Mind and Compassion

10-12-2020: Funke Oshonaike: Determination, Dedication, Discipline



INPUTS OVERALL IMPACT PRIMARY IMPACT OUTCOMES OUTPUTS ACTIVITIES INPUTS

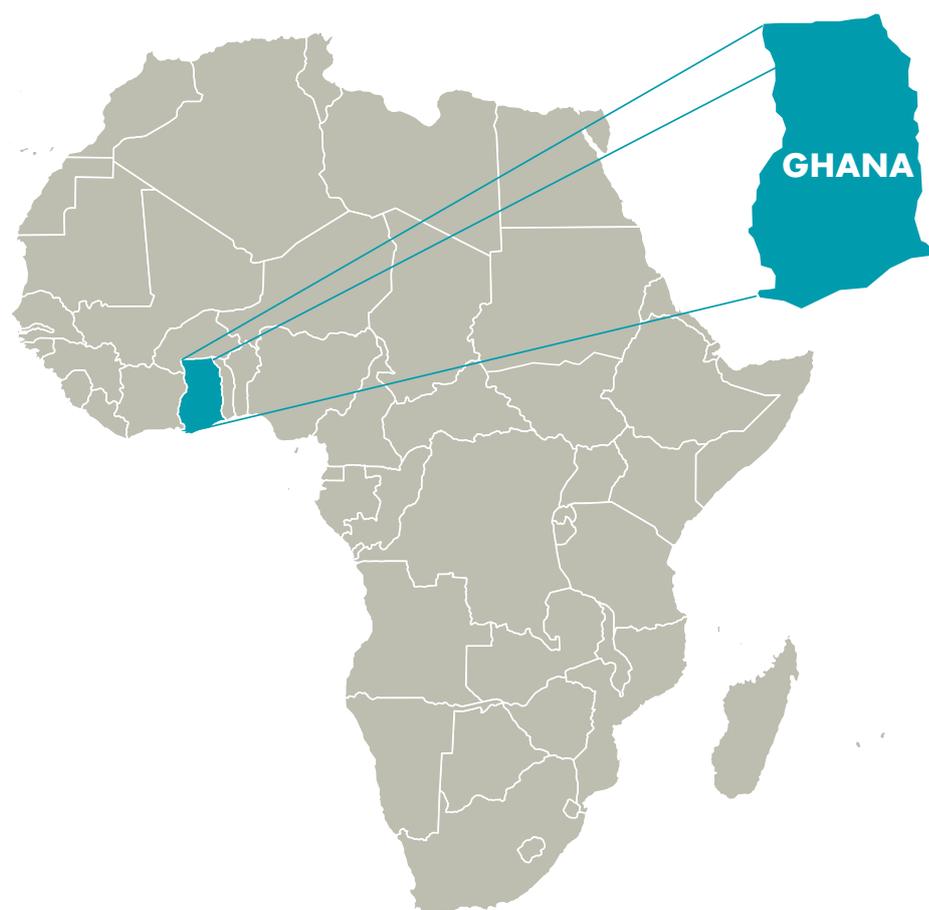


3.2.2

Tables 4 ALL



**PING SANS
FRONTIÈRES**



Location(s)	Worldwide
Status	Pre implementation
Start date	October 2019
Project description	<p>One of the major obstacles to table tennis practice is the absence of material available, and the difficulty to acquire tables for local organisations in developing countries. A worldwide shipping of tables has an ecological impact, while a local production allows an almost neutral ecological print.</p> <p>After developing a manual of how to build 5 different models of handcrafted tables, the goal is now to create pedagogical content that allows to provide theoretical knowledge and a practical workshop in building handcrafted tables. Each course is held over a 5 to 7 days period.</p>
Aim	To bring self-sustainability to field projects, Member Associations, clubs, and others by giving them the chance to produce their own tables and to generate their own income.
Target group	ALL – with a focus of the inclusion of disadvantaged groups
Total cost of the project	EUR 46,140.00
Project leading organisation	Ping Sans Frontières (PSF)



Timeline

2017	September	WORLDWIDE	Manual "Building Handcrafted Table Tennis Tables" published by ITTF Development and Ping Sans Frontières in English, French and Spanish
2019	July	FRANCE - GERMANY	Memorandum of Understanding signed between Ping Sans Frontières about the "Implementation of the Tables Building Course"
	July to March 2020	FRANCE	Videos and Powerpoint elaboration
2020	January	GHANA	First test course in Takoradi, 4 days, 10 participants

Challenges faced

Due to Covid-19, this project is more or less on standby. Under our supervision, Ping Sans Frontières is currently working on the course material. The date for the next test course, as well for the first official course, is still on hold due to travel restrictions forced by Covid-19.

Nevertheless, we took the time to think about its future and decided on a new branding: Table Building Course is now officially named Tables 4 ALL with its own logo.

Next steps

- + Create a focus group to provide feedback about the course material
- + Presentation and approval of the manual and videos content.
- + Prepare a survey which will be conducted amongst the participants in order to evaluate and detect possible points of improvement
- + Conduct the first official course



Showcasing that educational opportunities can be combined with fun as well, proven by the first test mission of the Tables 4 ALL programme in GHANA in January 2020.

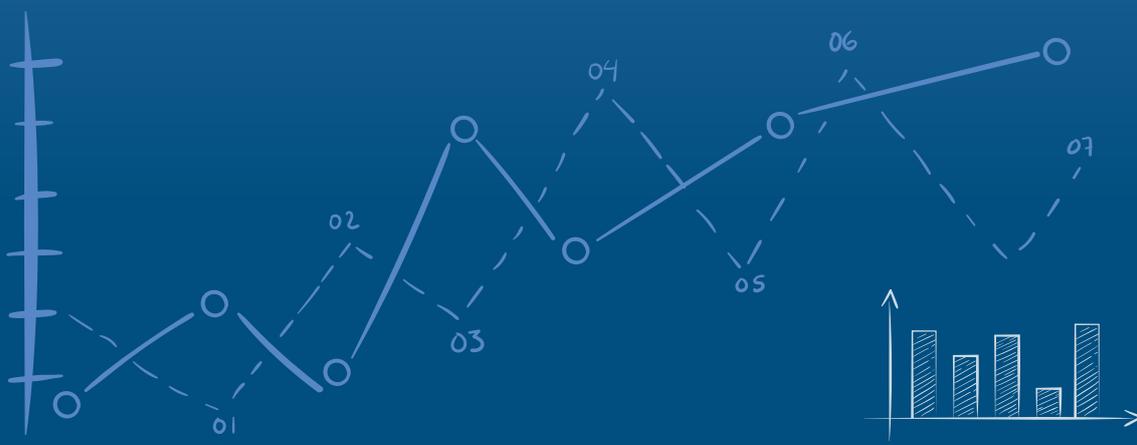
▼ GO TO WEB PDF



TT
4HEALTH



**Sharing the health benefits
of table tennis on a social,
mental and physical level.**





3.3.0

TT4Health: Covid-19 Update

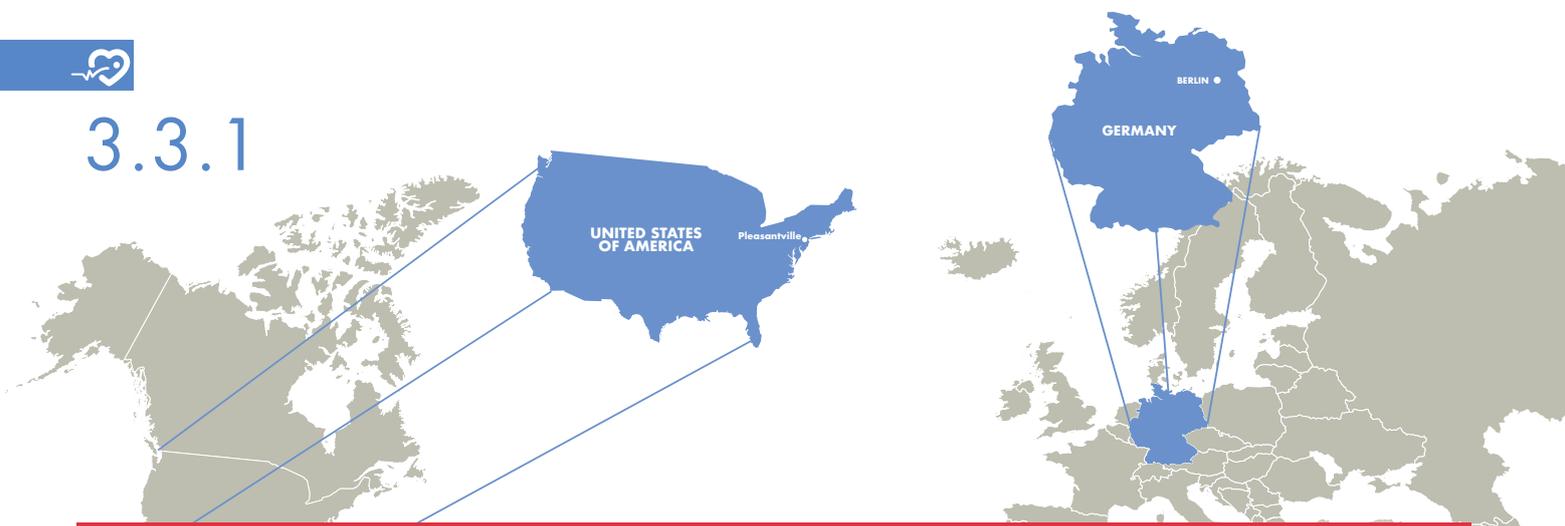
#TableTennisUnited

- Supported individuals and initiatives through the fundraising campaign: 82
- A total of seven Table Tennis Member Associations have benefitted from #TableTennisUnited: Australia, DPR Korea, Senegal, Lebanon, Kosovo, Tahiti, and Croatia





3.3.1



Postponed to 09-11 September 2021 due to Covid-19

Parkinson’s World Table Tennis Championships (PWTTTC)

Location(s)	2019 – Pleasantville, NY, USA 2021 – Berlin, GERMANY
Status	Ongoing
Next date	09-11 September 2021
Project description	World tournament for players with Parkinson’s disease where family members and the public in general are proactively invited to assist.
Aim	To raise awareness for the positive benefits of playing table tennis for people with Parkinson’s. To provide networking opportunities for the persons diagnosed with it and their families to exchange ideas and experiences.
Target groups	Players with Parkinson’s disease no matter their level of play Family members Public in general
Implementation	Implementing partner hosts the event including planning, organising, financing and staging Member Association endorse the event ITTF Foundation supports, guides, promotes the event and looks for compliance of competition rules.
Current implementing partner	YUVEDO Foundation
Awards	2019: Finalist in the Sports Business Award in the category “Best Community Scheme” 2020: Bronze for the Sports Business Award in the category “Best Sports Governing Body Initiative”

PWTTTC contributes to UN Sustainable Development Goal



TARGET 3-4

REDUCE MORTALITY FROM NON-COMMUNICABLE DISEASES AND PROMOTE MENTAL HEALTH



3.3.2

TableTennisUnited



Location(s)	Worldwide / online campaign
Status	Ongoing
Start date	11-06-2020
Project description	Fundraiser campaign to support the global table tennis family members in need with Covid-19 related issues. With the TTU campaign, we collect donations worldwide to finance Covid-19-related aid initiatives. Due to the pandemic, we are calling for donations and our table tennis community can apply for help directly online. A balanced selection panel, which represents different target groups, decides on a regular basis about the support given upon received donations.
Aim	Raising financial help for our global table tennis community, who is in dire need of support due to Covid-19 related issues.
Target groups	All ITTF family members, or rather our community, are welcome to apply – especially athletes, teams, coaches and national associations worldwide
Donors	57
Applications	155
Initiatives	71
Supported applications	82
Partners	ITTF, WTT
Website	https://www.tabletennisunited.org/





Mimi's Tables

[Read about Mimi's Table and its mission in supporting the underprivileged children in Naguru, Kampala, Uganda.](#)



"Ms. Nakiwala Sumaya, [as a female role model and current Woman Councilor at Kira municipality] was able to talk with all the kids together first. Thereafter, she had a heart-to-heart talk to the girls alone. The topics ranged from life in general, their aspirations, their inspirations, their fears (to which most said that lack of school fees is their biggest fear), what makes them happy or sad, who do they run to in case of an emergency. These are some of the topics that never came up when we were growing up (well, I should know as I too grew up from the same neighbourhood).

[...] I would like to take this opportunity to thank TableTennisUnited - ITTF Foundation who made this happen and we are grateful that there are people out there who care and are able to give a helping hand to the needy.

*Thank you Table Tennis
Thank you TableTennisUnited
Thank you ITTF Foundation
Thank you ITTF*

*Yours Sincerely
Amina Lukaaya , Mimi's Tables"*



Amina Lukaaya, founder of Mimi's Tables in Kampala, Uganda, proudly presents some of the equipment assistance.





Derek Abrefa

[Discover how Derek Abrefa motivates girls in Ghana.](#)



*"Hi TableTennisUnited,
I want to express my sincere gratitude for your support to help revive female talents through your theme FEMpowerment.
It was successful and the purpose for the programme was achieved. We discovered about 50 new female talents from the school.
The Ghana Table Tennis Association also supported me, and I acknowledge TableTennisUnited for this great and positive impact. All the female players in my local communities are very happy and excited.
Once again, thank you TableTennisUnited for your support.*

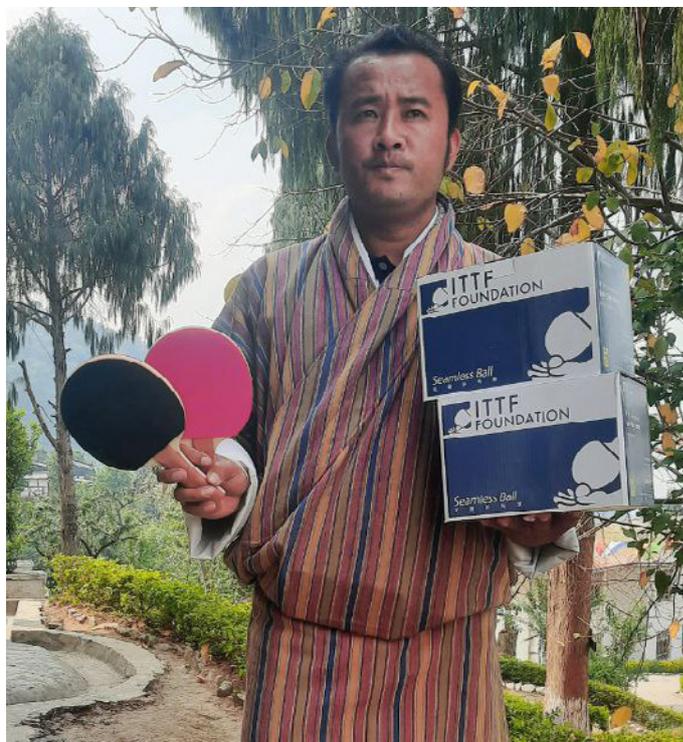
Best regards, Derek Abrefa"

With the help of TableTennisUnited, Derek Abrefa's positive attitude and devotion is making a difference for young girls and boys in Accra, Ghana.

*I thank God that the purpose of this programme was achieved. The female players were very happy and expressed their gratitude to TableTennisUnited."
– Derek Abrefa*



Mongar Dzongkhag



"We are delighted to have received 288 two-star table tennis balls with ITTF Foundation branding 30 rackets from your good office. And with this donation from your good end, we acknowledge the receipt of same and assure that developments of table tennis activities in this area will shine like any other sporting activities.

*Thanking you for your continued support as always.
Thank you!
Yours Faithfully,
Sonam Tshering"*



The children of Mongar Dzongkhag in Bhutan are having fun with their new equipment.





Adrian Leigh



“Over the last 6 months, I have used the support from ITTF Foundation to improve the quality of my social ping pong offering transforming the experience to meet the demands of a new landscape of employee engagement, now providing not just virtual but hybrid and live versions of the Ping Pong Fight Club Challenge Show. This has now led to Table Tennis Scotland wanting to collaborate with us to help them increase social ping pong in Scotland.

ITTF Foundation support has also increased our ability to widen our reach to companies all over the world. Activity, inclusivity and well-being are the key drivers corporates are looking for to fully engage with their workforce and we are now delivering on all aspects of this.”



Adrian Leigh, Table Tennis entrepreneur from London, England, was able to widen his reach with the support from TableTennisUnited.

Adeniyi Akindede



Akindele Adeniyi (left) is celebrating the support through the TableTennisUnited campaign with friends in Kingston, Jamaica.

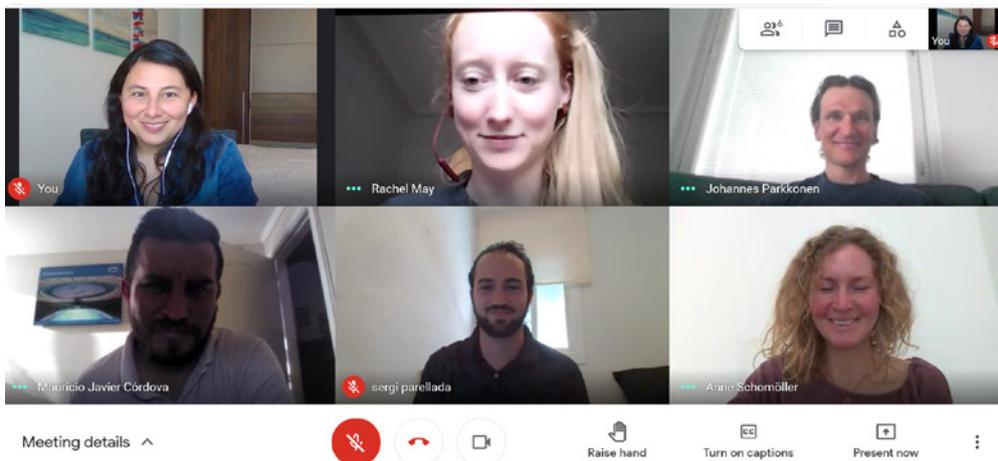
“Thanks to you and ITTF for the materials sent to me, this will indeed help me improve in my training and also help to achieve my dreams in Table Tennis here in Jamaica.

Thanks ITTF for the support and I'm looking forward to hearing from you always.”





3.3.3



SPRIT Project – ITTF Foundation collaboration on an EU funded project

Project overview

Project Aim:

The main aim of the project is to make sports clubs more accessible and welcoming to everyone, including refugees, by developing a framework for human, inclusive and empowering coaching that nurtures good mental health.

The objectives of the project are:

1. Collect, compile and disseminate relevant research review and useful best practice examples in the field of sport and mental health.
2. Develop and promote key recommendations for educating coaches that advance the mental well-being of their sports participants. These recommendations for coaches' education will be based on the research review and mapping study on best practices.
3. Create and implement a coaching framework that presents the academic case (based on research review) for sports and mental health in an accessible manner and utilises best practice examples to guide the learner through an educational path.
4. Produce and disseminate an accessible online learning tool, facilitating the skills development of coaches in a flexible way. This online educational content will be publicly available and free.

Project Timeline:

Project funding will run from January 1, 2020, until December 31st 2022, date at which the intellectual outputs need to be finalised. The main contribution from the ITTF Foundation will take place from October 2020 to July 2021.

Project partners:



Activities to date:

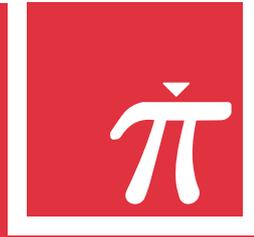
- Kick-off meeting 2-4 March in Brussels
- Monthly calls with Steering Committee
- Quarterly calls with wider partnership
- Project website launched: <https://www.engso.eu/spirit-project>
- Intellectual Output 1 available for download on the website <https://www.engso.eu/spirit-project>
- Intellectual Output 4 first draft finalised by ITTF Foundation in June 2021

Activities to come:

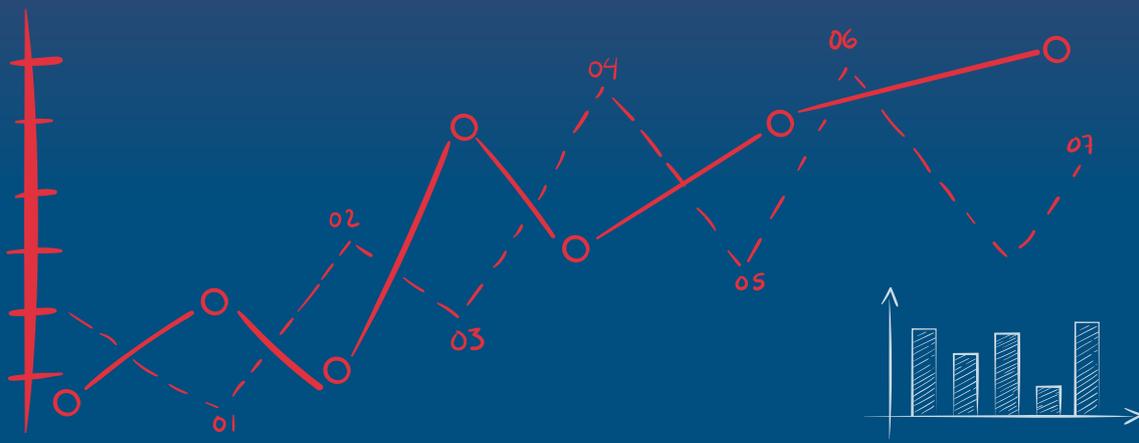
- Intellectual Output 4 feedback and proofreading
- Intellectual Output 4 edit for final draft by end July 2021
- Intellectual Output 4 design by August 2021



TT
LEGACY



Raising awareness, providing solutions and motivating engagement of the table tennis community within sustainability.



3.4

TT Legacy

We play an active part in the **ITTF Sustainability Working Group**, which is currently planning its strategy.

Vision:

Sustainability means to ensure Table Tennis. For all. For life. **Forever.**

Mission:

The heart of the ITTF Group’s vision is to make table tennis accessible to all, for life and for future generations. To achieve this, the sport must consider its impact on:

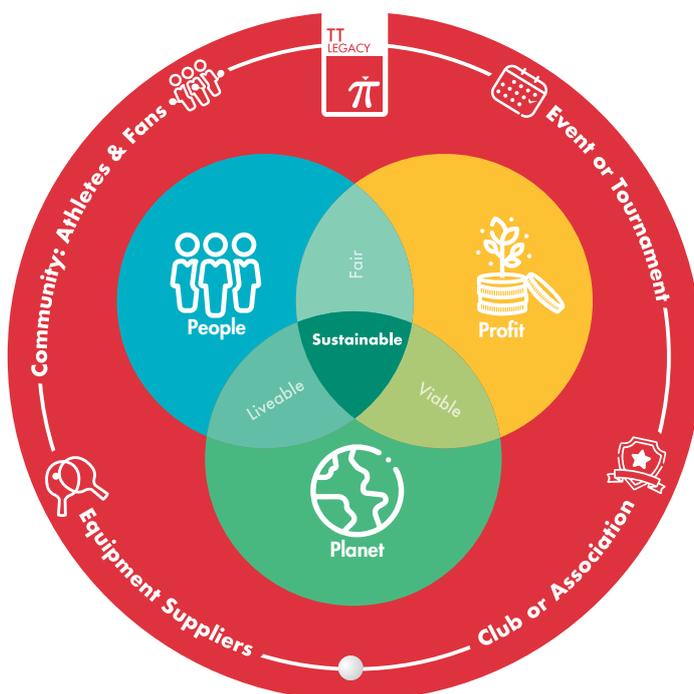
People, Planet and Profit.

- **People:** Table tennis can only serve people if we closely monitor and manage our activities’ impact on individuals and communities at large. We must ensure that our sport causes no harm and is continually used as a tool for positive change in society to work towards reaching the United Nations Sustainable Development Goals.

- **Planet:** Table tennis has a collective responsibility to protect the environment in which it is played and the finite resources it uses. The sport will work hand in hand with its stakeholders to reduce its carbon footprint and drive innovative solutions. In addition, developing awareness campaigns about consumption and behaviour changes will ensure a wider reach and brighter future for all.



- **Profit:** To survive, table tennis must support its own long-term economic growth without negatively impacting people and the planet. We can achieve this by working on our cash flow, resource distribution and support for social businesses and technologies. We must increase our commitments to generate value beyond financial profitability for our athletes and fans.



ITTF
FOUNDATION



Marketing & Communications



4.1 TT@WORK

The pandemic is keeping us economically on edge. The world is in upheaval, forcing us to face unprecedented global challenges with new concepts. In order to form and establish more close, longterm relationships with companies outside the existing international Table Tennis family, we at the ITTF Foundation have developed a new concept to fill companies with enthusiasm for table tennis in general, our entire table tennis family and our cause.

We care about Table Tennis. For All. For Life. We believe Table Tennis is popular, universal, and inclusive. And therefore, we want to bring table tennis directly into companies' offices and factories.

In recent years, there has been increasing discussion about corporate culture —and with good reason. It is important! Corporate culture describes the working environment and working atmosphere of an organisation. It determines the values, attitude, activities, social behaviour and beliefs of the company and its employees. Corporate culture can provide a healthy balance between work and creativity. Or it can mean a very tight framework of a 9-to-5 job with little room for inspiration and appreciation. The competition among companies for good employees is getting increasingly fierce and ignoring corporate culture in the long run comes at a cost.

With the establishment of a table tennis oasis directly in the office or factory of our partner, we support companies in developing a modern, openminded, interactive, and integrative corporate culture. At the same time, we create a playful way of stress reduction and relaxation for the employees, many of which may even associate this with positive childhood memories.



The advantages, both for employers and employees, are obvious. Above all, health and wellbeing, but also teambuilding, inclusiveness, interaction, concentration, creativity, and morale count among the important factors here. In other words: healthy, motivated employees who feel valued by their team and comfortable in their company's office. A win-win situation for everyone! This could also mean the start of enduring and deep relationships with new partners for us.

After having successfully placed table tennis in companies, the second step is to organise Table Tennis business networking events to bring companies together to enjoy our sport in a relaxed and great atmosphere – at first locally, then regionally, nationally and finally internationally. Playful networking at the table, so to speak. Again, creating a win-win situation for all.





Project	TT@WORK
Related programme	TT4Health
Location(s)	Pilot project first in Leipzig, Germany – followed by a nationwide launch; after introduction in Germany, gradual market expansion into other European countries, other continents, and finally a global approach
Status	Project launch to be determined due to the pandemic.
Project description	<p>We bring table tennis into the office or factory of our partner</p> <ul style="list-style-type: none"> • Delivery and setup of table tennis equipment at the office • Delivery of a starter kit • Provision of TT@WORK table tennis software
Aim	Development and establishment of deep long-term relationships with potential new partners of the foundation, with the aim to cooperate later also in the field of our CSR programs and projects
Target group	Non-table tennis related companies and bluechip companies as well as medium-sized companies and start-ups
Business model	<p>Annual ITTF Foundation membership fee for the provision & use of table tennis equipment and TT@WORK software</p> <p>Optional support will be offered menu-based</p>
Software	TT@WORK software dashboard for companies & employees will provide the possibility to challenge each other, display match outcomes as well as player rankings, additional stats and leader boards
Optional support	<p>Optional features we will provide to our partners:</p> <ul style="list-style-type: none"> • coaching classes at the office with licenced table tennis coaches • corporate table tennis events at the office • participation at table tennis business networking events



4.2 Social Media

Social Network	GENDER (%)	
	Men	Women
Facebook	76 %	23 %
Instagram	84.1 %	15.9 %
Twitter		
Youtube	98.9 %	1.1 %

MONTHLY FOLLOWER GROWTH ON FACEBOOK

Month	Followers
January	14,527
February	14,813
March	15,047
April	15,282
May	15,337
June	15,450

MONTHLY AVERAGE REACH ON FACEBOOK

Month	Average reach
January	80,366
February	950,951
March	348,266
April	1,442,199
May	2,630,179
June	314,150

WEBSITE

Month	Page views	Unique page views
January	3928	3393
February	4435	3712
March	8394	6879
April	8570	7175
May	5642	4694
June	4738	3973

YOU TUBE

Stat	Number
Subscribers	2304
Views	8177

FOLLOWER GROWTH

Social Network	Followers		
	Last period	Current period	Variation
Facebook	15047	15450	2.7 %
Instagram	4822	4986	3.4 %
Twitter	917	1006	9.7 %
Youtube	2263	2304	1.8 %
LinkedIn	516	632	22.5 %

ENGAGEMENT STATISTICS

LIKES

Channel	1st Q	2nd Q
Facebook	33,919	13,585
Twitter	615	774
Instagram	5743	5862
Youtube	196	151

SHARES

Channel	1st Q	2nd Q
Facebook	2737	968
Twitter	131	197
Instagram	245	434
Youtube	101	148

COMMENTS

Channel	1st Q	2nd Q
Facebook	1013	522
Twitter	30	25
Instagram	147	156
Youtube	4	10

MESSAGES RECEIVED

Channel	1st Q	2nd Q
Facebook	11	17
Twitter	1	2
Instagram	49	115
Youtube	0	0

Social Media – Top Post Per Channel



FACEBOOK

ITTF Foundation
Published by Romina Concha Sepúlveda · May 31 ·

No ball catch net, solved! ✓
Team work in **SLUM PING PONG** 🇵🇪 🇪🇸
#MondayMotivation #TTDreamBuildingFund

0:27 / 1:00

Reactions: 1,400
Comments: 27
Shares: 171
Reach: 341,781
Engagement: 30,148
Time Posted: May 31, 2021
Topic: Monday Motivation

<https://www.facebook.com/ittffoundation/posts/2977415792492018>

TWITTER

ITTF Foundation @ittffoundation · Jun 6

Education Cannot Wait @EduCannotWait · Jun 6
To build the women leaders of tomorrow, we need to invest in the education of girls today. Join @EduCannotWait in leaving no girl behind.
RT to join our movement & ensure every girl everywhere is able to go to school, learn, grow & thrive.
@YasmineSherif1 @UNGEI @NorwayMFA

Likes: 20
Comments: 0
Retweets: 10
Impressions: 4,402
Day Posted: June 6, 2021
Topic: Education

<https://twitter.com/ittffoundation/status/1401661717625688069>

INSTAGRAM

ittffoundation

No ball catch net, solved! ✓ Team work in @slum_ping_pong_org 🇵🇪 🇪🇸
#mondymotivation #tttdreambuilding #tabletennis #kampala #uganda #afrika

2.715 reproducciones

31 DE MAYO

Likes: 258
Comments: 2
Direct Message: 37
Profile visits: 31
Saved: 17
Reach: 4,837
Reproductions: 2,715
Day Posted: May 31, 2021
Topic: MondayMotivation

<https://www.instagram.com/p/CJ55cpwnHNY/>

YOUTUBE

April 6 2021 Timetable Timezone UTC+1

1:30 – 2:00 am	Workout Session with ELKE SCHALL
6:00 – 6:30 am	Meet & Greet LIAM FITCHFORD
8:00 – 8:45 am	FEMpowerment in Arabic speaking countries with RASHID OMAR & MAJD ALBLOOSHI* *This session will be in ARABIC
9:00 – 9:30 am	Workout Session with ELKE SCHALL
10:00 – 10:10 am	Lockdown Ping Pong Entertainment by ADRIAN LEIGH
11:30 am – 12:15 pm	Mental Coaching with SEGUN TORIOIA
12:30 – 1:00 pm	Table Tennis & Pilates Workout with RACHAEL MILLIGAN
4:00 – 4:45 pm	FEMpower People with Disabilities in Participation, Performance and Leadership with EMERIC MARTIN* *This session will be in FRENCH
5:00 – 5:10 pm	Lockdown Ping Pong Entertainment by ADRIAN LEIGH
6:00 – 6:45 pm	FEMpowered Experiences with SARAH DE NUIE
7:00 – 7:30 pm	Table Tennis & Pilates Workout with RACHAEL MILLIGAN
10:15 – 11:00 pm	Service, Reception and 1st Ball Backhand and Forehand Coaching by PAULINA VEGA & ANDY PEREIRA* *This session will be in SPANISH
11:20 pm – 12:00 am	Workout Session with ELKE SCHALL

4:39 / 11:54:59

#WorldTableTennisDay 2021 Stay tuned for 24 HOURS of fun on this livestream!

Likes: 33
Comments: 2
Shares: 3
Views: 1,934
Day Posted: April 5, 2021
Topic: WorldTableTennisDay

<https://www.youtube.com/watch?v=XmFH8yuAQFM>



Social Media – Top Post Per Channel



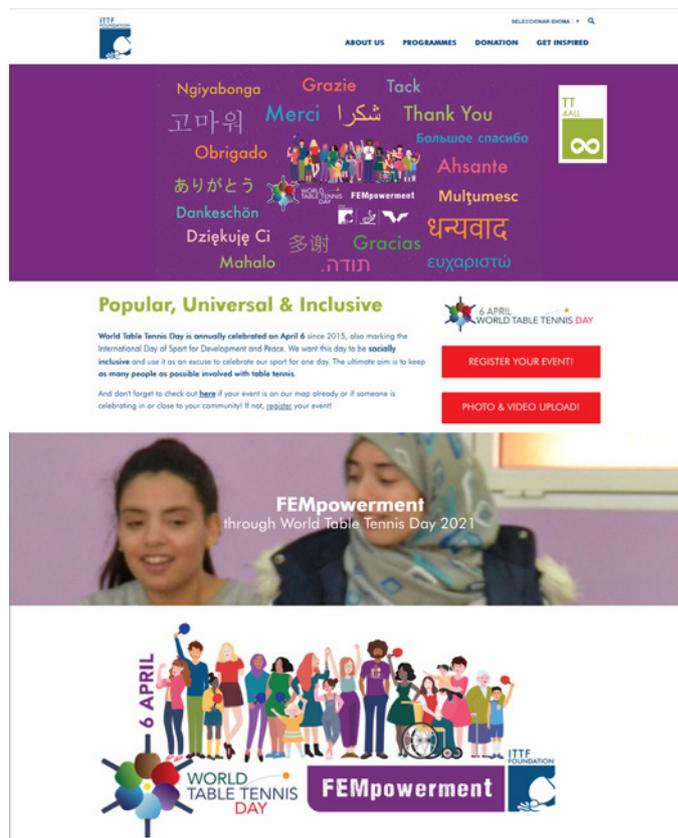
LinkedIn



Reactions: 47
 Comments: 2
 Reach: 957
 Shares: 2
 Day Posted: May 26, 2021
Topic: FEMpowerment

<https://www.linkedin.com/feed/update/urn:li:activity:6803353741887066112>

WEBSITE



Page views: 1,215
 Posted on: -
Topic: World Table Tennis Day

<https://itffoundation.org/programmes/tt4all/world-table-tennis-day>

4.3 International Recognitions

Since the establishment of the ITTF Foundation in 2018 we have received multiple international recognitions, for which we are very grateful.

Year	Organisation	Award	Programme/Project	Position
2020	Sports Business Award	Best Sports Governing Body Initiative	ITTF Parkinson's World Table Tennis Championships	Bronze
2020	Sports Business Award	Best Club CSR or Community Scheme	Slum Ping Pong	Finalist
2020	Sports Business Award	Coronavirus Innovation Award: Communication	2020 World Table Tennis 'at Home' Day	Finalist
2020	Sports Business Award	Coronavirus Innovation Award: Compassion	#TableTennisUnited fundraising campaign	Finalist
2020	FICTS Festival	Sport & Society	Headquarters Inauguration" – video	Mention d'Honneur
2020	FICTS Festival	Documentary	"Ping Pong Diplomacy - Korea United" – video	Finalist
2020	FICTS Festival	Documentary	"2019 ITTF Parkinson's World Table Tennis Championships" – video	Finalist
2020	FICTS Festival	Sport & Society	"World Table Tennis "at Home" Day - The craziest longest table tennis rally ever!" – video	Finalist
2019	Sports Business Award	Best Sports Governing Body Initiative	ITTF for creating the ITTF Foundation	Finalist
2019	Sports Business Award	Best Club CSR or Community Scheme	Dream Building with Refugees in Za'atari	Finalist
2019	Sports Business Award	Best Club CSR or Community Scheme	Buenos Aires - Tokyo, bridging the Olympic Games	Finalist
2019	Sports Business Award	Best Sports Event of the Year - Overseas	World Table Tennis Day	Bronze
2019	SPIA Awards	Best Sport CSR Initiative of the Year	Table Tennis for NepALL	Bronze
2018	Sports Business Award	Best Sports Governing Body Initiative	World Table Tennis Day	Bronze
2018	FICTS Festival	Sport and Society - Sport Values	"Introducing the ITTF Foundation"	Mention d'Honneur



4.4 Video productions



To show our work enabling table tennis as a tool for social development and peace, we have produced several videos since our establishment in 2018.

Category	Occasion	Name
Public Relations	Presentation	Introducing the ITTF Foundation
	Headquarters Inauguration	ITTF Foundation Headquarters Inauguration (28-09-2019)
	Donation Campaign	Donation Campaign
	TableTennisUnited	#TableTennisUnited - Donation Campaign
	Sponsors	GSD and ITTF (Foundation) – 11 Years of Collaboration ITTF Foundation Dream Building Fund powered by GSD

Programme	Project	Name
	Dream Building	ITTF Nittaku Dream Building with Refugees Project at Za'atari Refugee Camp
		World Teacher's Day - HONECRIC project in Uganda
	Dream Building Fund	TT Dream Building Fund - Do you have a dream?
		Slum Ping Pong - TT Dream Building Fund
		TT Dream Building Fund 2020
	ITTF Parkinson's World Table Tennis Championships	Ping Pong Parkinson: Nenad Bach's story
		TT4Health: The story of Jens Greve
		ITTF Parkinson's World Table Tennis Championships 2019 - New York, USA
	Table Tennis United	#TableTennisUnited - Players statements
		#TableTennisUnited 2020 – Impressions from supported initiatives
	Buenos Aires - Tokyo, bridging the Olympic Games	Buenos Aires - Tokyo, bridging the Olympic Games, extended
		Buenos Aires - Tokyo, bridging the Olympic Games, short version
	One Korea, One Table	Ping Pong Diplomacy: Korea United



Video productions

Programme	Project	Name
	World Table Tennis Day	WTTD 2018 Official Video - Players Invitation
		2018 World Table Tennis Day Celebrations
		Official WTTD 2019 Video - Join us on April 6 2019!
		World Table Tennis Day 2019: Main event in Kampala, Uganda (Slum Ping Pong)
		2019 World Table Tennis Day Celebrations
		Join World Table Tennis Day 2020 English Version
		Participe do Dia Mundial de Tênis de Mesa 2020
		Participez à la Journée Mondiale de Tennis de Table 2020
		Participa del Día Mundial de Tenis de Mesa 2020
		2020 إنظم إلى اليوم العالمي لكرة الطاولة
		#TableTennisUnited: World Table Tennis at Home Day!
		The Longest Online Table Tennis Rally Ever - World Table Tennis At Home Day 2020
		Best of World Table Tennis 'At Home' Day
		World Table Tennis Day 2021: FEMpowerment
		Journée Mondiale du Tennis de Table 2021: FEMpowerment
		Dia Mundial do Tênis de Mesa 2021: FEMpoderamento
		Dia Mundial del Tenis de Mesa 2021: FEMpoderamiento
		اليوم العالمي لكرة الطاولة
		Conference on gender equality and FEMpowerment in table tennis
		World Table Tennis Day 2021 Celebration
	TT Fun Lab	TT Fun Lab - Launching
		ITTF Foundation TT Fun Lab Opening - short



4.5 Sponsors & Donors



At the ITTF Foundation we express our deep appreciation for our sponsors and donors both on our real Wall of Honour at the Headquarters in Leipzig, Germany, and directly on our virtual Wall of Honour on our homepage.

Enclosed you will find an overview of who supports our cause both financially and through donations in kind.

WALL OF HONOUR

Donation Private Individuals	Donation Enterprises	Donation In Kind Enterprises
<p>DIAMOND</p>   <p>Steve Dainton</p>	 <p>International Table Tennis Federation</p>  <p>The Foundation for Global Sports Development</p>	 <p>Hefu Sports Equipment</p>  <p>STIGA</p>
<p>PLATINUM</p> 	 <p>DHS</p>	 <p>Nittaku</p>
<p>GOLD</p>   <p>Leandro Olvech</p>  <p>Christian Belter</p>	 <p>Nittaku</p>  <p>Agitos Foundation</p>  <p>STAG</p>	 <p>Butterfly</p>  <p>STAG</p>

Institutional Support



City of Leipzig



European Union



**Thank you for sponsoring us
and our programmes:**

