



Annual and Financial Report
of Together Advancing
Common Trust-TAKT
for 2023



Introduction:

Introducing a series of transformative initiatives focused on societal well-being and positive change, that helped our 2023 be more productive in many aspects of our living. These projects stand as beacons of empowerment, engaging youth and professionals alike to create a lasting impact on communities.

There were many overarching initiatives, like "Youth for Social Change," which is dedicated to fostering innovation and leadership among youth and youth workers. Through immersive workshops and project implementation, participants not only gained valuable skills but also contribute to the collective goal of improving overall health and well-being. Certificates earned serve as tangible proof of their commitment to positive transformation.

At the heart of these endeavors is a holistic vision for community improvement, emphasizing physical activity, mental well-being, and environmental sustainability. By empowering the younger generation, these projects aim to create a network of change agents capable of inspiring and mobilizing others toward healthier and more eco-friendly lifestyles.

The inclusive "Be Active Day" initiative champions the universal right to a healthy and active lifestyle. Welcoming diverse promoters and ambassadors, from fitness enthusiasts to coaches and youth representatives, it ensures that physical activity is accessible to everyone. Addressing the challenges brought about by the COVID-19 pandemic, particularly on social inclusion and healthy living, these initiatives extend a helping hand to older individuals seeking to re-engage in social life. Globally aligned with the #Sport4OneHumanity movement, the projects promote skill development and sports accessibility on an international scale. Furthering the commitment to positive societal transformation, the regional initiative, "Sport 4 Resilience," strives to fortify communities by utilizing results from diagnostic research and simultaneously, the #SUDECU initiative embarks on a three-year competence development program for democracy, aiming to involve and empower youth and parents in the social and political fabric of their communities.

In summary, these projects contribute to the advancement of society by fostering leadership, inclusivity, and well-being. They serve as catalysts for positive change, creating a ripple effect that extends beyond immediate participants, shaping communities for the better. TAKT is an organization that works to promote social inclusion and integration through sport and physical activity on national level and across the Balkans. We create partnerships with local and national sport and education organizations to reach and engage communities across the region. By working with these partners, TAKT is able to provide resources, training, and support to local organizations and individuals to improve their capacity to provide sport and physical activity opportunities to disadvantaged and marginalized groups. TAKT also uses sport as a tool to promote values such as teamwork, respect, and fair play. Through these partnerships, TAKT is able to promote greater inclusion and social cohesion in communities across the Balkans, by providing access to sport and physical activity opportunities for all, regardless of their background or abilities.

Project „Youth for Social Change”

Date of implementation: 28.02.2022-27.09.2022

Project description:

The project "Youth for Social Change" aims to include youth and youth workers from the Municipality of Karposh who will be part of workshops and will create and implement their own projects. The participants in this project will get certificates. Our goal is to improve the overall health and well-being of the residents of Skopje and the municipality of Karposh by promoting a healthy lifestyle with physical activity, mental wellbeing and environmental sustainability. To achieve this, we are empowering young people to take the lead in driving positive change in their communities. By providing training and resources, we aim to create a network of change agents who can inspire and mobilize others to adopt healthier and more eco-friendly lifestyles.

This includes initiatives such as promoting cycling and walking as alternatives to driving, encouraging the use of public transportation, organizing clean -up events and promoting mental wellbeing and healthy lifestyle choices for young people. Our goal is to create a more active, healthier, and eco-friendly community for all residents to enjoy. Also we aim to include local businesses as partners in order to promote health among young people. Businesses can provide valuable resources and expertise to help the local schools create and implement health and wellness programs for students. This is why we train the young generations to be the future leaders and promote overall health in their local communities. This initiative will continue at the regional level and will result in a group of young ambassadors for health.

Within the framework of the "Youth for Social Change" project, young leaders from the Municipality of Karposh developed two projects on topics that are current today.

The first project is called "Bullying - Negative impact on youth's health". The young leaders in this project aim to show what constitutes online violence and how to prevent it.

The second project is titled "Reuse and reduce". Through this project, the young leaders aim to find out how much young people are educated about the problem of environmental pollution from plastic waste and to raise awareness among the young population about this big problem.

The projects will be implemented in the coming months.

This year, as part of this project, an international camp was held, in which young people and youth workers from N. Macedonia, Germany, Portugal and Austria.

The project is co-financed by the European Union!

Support: The project is supported by Erasmus+



Project „BeActive Day”

Date of implementation: 2023

This famous European initiative, which is happening for the fourth time in N. Macedonia is intended for all people who believe in the power of physical activity to improve the quality of life, and at the same time encourages the advancement of the fitness sector and fitness. trainers. The aim of the initiative is to mark the most active day of the year and to celebrate physical activity through various activities. Be Active Day promotes a healthy and active lifestyle that is an equal right for all of us without exception. Physical activity must not exclude anyone, so this initiative aims to include a wide range of promoters and ambassadors such as: fitness instructors and enthusiasts, physical education teachers, coaches, trainers, young people, youth ambassadors, trainers who work with persons with disabilities and actively work in the promotion of a healthy life, etc.

It is part of the European Week of Sport, a pan-European campaign led by the European Commission to promote sport and physical activity across the continent, encouraging people and individuals to be physically active. Sport and physical activity contribute significantly to the health and wellbeing of European citizens, yet levels of physical activity in Europe are currently stagnating and even declining in some countries. The European Week of Sport is a joint response to this challenge, as well as a call to action. Be active day 2023 in North Macedonia takes place on the 23rd September is the most active day of the year and a day when physical activity is celebrated its role in North Macedonia. This day for the third time in St. a healthy way of life. And this year we had participants from over 20 cities from all over the country with over 120 events.

It was our pleasure to mingle with over 5000 participants from all generations.

Be Active Day 2023 program is including more municipalities and more stakeholders for promoting inclusive values, healthy and active lifestyle.

Support: EuropeActive, Erasmus +



Project „Back to a Healthy Society” - BASE

Date of implementation: 01.02.2023 and 31.07.2025

The project "Back to a Healthy Society" has started in 2023, which aims to support the elderly to make changes and start a more active and healthy lifestyle.

The project aims to transform the negative consequences of COVID-19, which were mostly observed on social inclusion and a healthy lifestyle, as well as on the physical and mental health of older people who have difficulties to become active again and participate in social life on their own.

In addition to TAKT, other partners in the project are: Hanseatic University of Applied Sciences from the Netherlands, the University of Malaga and the Provincial Government of Malaga in Spain, the Bureau of Public Health from Kaunas, Lithuania, Lagom Health Innovations from Portugal and SPIN Sport Innovation from Germany.

In Groningen, the Netherlands, together with partners from the BASE project, we were part of the team that participated in the development of trainings for change agents and change mentors. In October, in Skopje, a meeting was held within the framework of the BASE project. At the meeting, we presented our previous work in this project, discussed and shared experiences about active neighborhood, talked about the concept of education and training for change agents and change mentors.

Partners from Germany, Holland, Spain, Portugal and Lithuania participated in the meeting. Through BASE we aim to support and motivate older adults to start a healthier and more active lifestyle.

Co-funded by the European Union



Project „Sport4OneHumanity“

Date of implementation: 2023

TAKT is part of one of the biggest initiatives to promote Sport for development and sport for all - #Sport4OneHumanity. The program brought together organizations from all over the world working in this field and encouraged the development of capacities and the exchange of experiences on a global level.

Turkish Airlines' initiative supported by #UNAOC, Sport for One Humanity aims to select and support innovative sports-based projects implemented by civil society organizations that promote a culture of peace, mutual understanding and cooperation between different communities and cultures around the world.

April 6th is the International #SportDay for Development and Peace (#IDSDP)! #Sport4OneHumanity is proud to support selected grassroots organizations that use sport to promote development and peace in their communities worldwide.

Supported by: UNAOC - United Nations Alliance of Civilizations



Project „Sport 4 Resilience”

Date of implementation: 2023-2026

The regional three-year initiative "Sport 4 Resilience" was officially launched in Pristina.

Through the joint efforts of the project partners PLAY International Kosovo, TAKT and REGSPO, the three-year initiative should have a lasting impact in Kosovo, North Macedonia and Montenegro.

This program aims to strengthen the resilience and psychosocial skills of children and youth through active, innovative and inclusive methods and the promotion of common values and social cohesion.

Sport 4 Resilience is a project whose first 36-month phase is being implemented in Kosovo, Northern Macedonia and Montenegro. Led by PLAY International, with the support of TAKT and REGSPO, the project uses sport play as a lever for education and awareness raising to empower youth in the Western Balkans to create more inclusive and resilient societies in the face of the societal risks that affect them.

Based on a diverse ecosystem and innovative and adapted pedagogical approaches, the project has two main axes. A first strand, in formal education, focuses on building children's (8-12 year olds) life skills and resilience to discrimination based on gender and minority status; while supporting national educational priorities. A second strand, in non-formal education, focuses more on civil society and young people (15-24 years) to build their resilience to the risks of radicalisation and discrimination.

Our partners in S4R project are PLAY International Kosovo and REGSPO, we participated in the first workshop in Montenegro within the Sport4Resilience project.

The program is funded by AFD - Agence Française de Développement



Project „SUDECU” (Sustainable Democratic Competences)

Date of implementation: 2023-2026

#SUDECU is starting our three-year competence development program for democracy!

The SUDECU (SUstainable DEMocratic CULTure) project aims to anchor democracy and sustainability as an element of everyday culture, as the acronym makes clear. SUDECU is being implemented in North Macedonia because of the multi-ethnic and multilingual (several national languages) context, which is comparable to Switzerland.

With SUDECU, the aims and objectives of the reference framework on competences for a democratic culture (RFCDC - www.coe.int) promoted by the Council of Europe are used and implemented in an exemplary manner. At the same time, the project serves as a pilot project to strengthen lived elements of sustainability and democracy in international education projects and to develop recommendations for the possible further development of existing reference concepts.

The implementation approach of peer learning is innovative for the project country. The basic understanding of learning in the chosen region of the Western Balkans has changed in recent years. However, this understanding must be shifted from 'knowledge' to 'ability'. Learning processes - if they are to be lifelong - must address the question of how learners of all ages determine and approach their own learning processes. The search for answers to this question is called self-regulated learning. Self-regulation is understood as a proactive activity by which learners help themselves to learn, e.g. by applying a strategy, rather than a passive response, e.g. by absorbing knowledge from a teacher. Second, self-regulation researchers do not limit their vision of self-regulation to individualized forms of learning, such as discovery learning, self-education through reading or computer-assisted instruction. Instead, they also include social forms of learning, such as seeking help from peers. This is where SUDECU comes in its implementation approach: All learning activities are realized in concrete terms by peers who are trained for this methodically and in terms of content within the framework of the project. This applies to all target groups, i.e. young people and parents. This approach meets a need for both the basic assumption of a sustainable, participatory democratic society and an understanding of personal and social development. The aim is to strengthen a democratic culture that is tested and suitable for everyday life in the sense of the objectives intended by the Council of Europe for all member countries.

The SUDECU project has a content-related and a process-related component. In terms of content, SUDECU deals with the implementation of sustainability and democracy and the shaping of a culture of sustainability and democracy, as it has been propagated in particular with regard to democratic culture by the corresponding concept of the Council of Europe for several years by developing the so-called Reference Framework for a Culture of Democracy.

The starting point for the development of the Council of Europe's Reference Framework on Competences for a Democratic Culture was the conviction that education systems, schools and universities should understand civic education as one of their most important missions. Learners



should know and understand the challenges they face and the consequences of their choices, what they can do and what they should refrain from doing. This concern is equally central to Education for Sustainable Development. For this, they need not only knowledge but also the necessary competences - and the aim of the Framework is to define what these competences are.

A democracy, according to the experience of the past decades and the realization of real current developments must be filled with life every day anew. It needs people who live, cultivate and shape democratic culture. Democracy, freedom and the rule of law - these are the values on which a good and solidary coexistence of people of different origins, cultures and convictions is based. This heterogeneity is a reality of the social composition of both, the project countries of SUDECU North Macedonia and Switzerland.

Peaceful and inclusive societies are core elements for promoting sustainable development. Within the framework of SUDECU, the described challenges are met by shaping sustainability and democracy at the local level. SUDECU therefore aims to initiate and support innovative projects and long-term engagement.

A large number of parents and young people from Skopje, Kumanovo and Kriva Palanka will be trained in this program.

Three interesting years of development, learning and friendship await us!

The project is realized in partnership and with a donation from the University of Zurich and PHZH.



Project „RISE”

Date of implementation: 2022-2024

Description of the project

The potential of sport and play to benefit society and to create positive outcomes on individual and social domains is widely acknowledged. Therefore, Sport for Good (S4G) has become an established instrument to achieve non-sport-related societal and policy objectives, as stipulated by the UN Sustainable Development Goals (SDG). Yet, as the number of funding programmes, projects, approaches, and implementation organisations has increased, S4G did not only grow in size, but it became more complex, less comprehensible, and unequal in quality.

Against this background, we see a need and opportunity for an aligned quality development of the S4G sector that specifically benefits European sports organisations at grassroots level. This would lead to higher standards of good governance in the S4G sector, better standards in safeguarding vulnerable people targeted by S4G, increased credibility and ‘market’ transparency for stakeholders involved in S4G, and improved effectiveness of grassroots sport organisations involved in S4G.

For it, we develop a Sport for Good Quality Label that includes a toolbox with quality development and educational resources which follow context-driven quality criteria and benchmarks aligned with the UN SDG and EU policies. Our easy-to-use certification and blockchain-based accreditation process through an interactive online platform allows (a) to certify that an organisation provides the necessary conditions to offer quality S4G initiatives and (b) provides an opportunity to promote the relevance of sport and play towards implementing the SDG in Europe.



Memorandums and Partnerships

- TAKT and Semos Education signed a Memorandum of Cooperation for the development and implementation of innovative solutions in the field of sports and education. The goal of this partnership is cooperation on joint projects, research and development, knowledge sharing and other activities that will improve the digital transformation of the sports and education sectors. Joint cooperation includes the development of new technologies, tools and techniques that will improve the learning and training experience for athletes and students as well as building the capacities of sports organizations and educational institutions to adopt and implement digital solutions.



Products

- The "Football for All" initiative is growing into a tradition!

In cooperation with the Municipality of Kriva Palanka, and Academy Football For All - Football for All, this year we traditionally organized the event "Football for All" in Kriva Palanka.

The "Football for All" initiative, through the "Sports for Development" program, aims to inspire young girls and boys that sport knows no boundaries and limitations and that participation is equal for everyone.



- "BeActive Day - Manual for the inclusion of all age groups in physical activity"! The manual was developed in collaboration with experts (Les Mills, Fit&Sund) and project partners, providing insight and strategies for overcoming age barriers in physical activity. The manual is available in 10 languages and provides an overview of the current "pandemic" of physical inactivity.

The Inclusive Manual offers a roadmap for an intergenerational approach and ways to create more accessible and inclusive opportunities for different generations to engage in physical activity.

The BeActive Day manual is available at the following link:

https://www.europeactive.eu/sites/europeactive.eu/files/project/%23BEACTIVEDAY%202023%20-%20Inclusion%20Guide.pdf?fbclid=IwAR0tVAD6-gsr5HOU-4K9GTO1nY_nuYV4gZ363ciQHxDj8PCllpQfOayu45w



- **Manual for "Sports for a green future"**

Together with our sister organization National Network of Sports Leaders - NMSL, we created the first manual for sports educators, clubs and organizations that will give them an insight into good practices at the national and European level.

The manual is based on education through sport and aims to show actions through which sport is used as a tool to raise awareness of green practices and ideas among young people. Soon the manual will be available for reading in Macedonian and English.

Manual link:

https://leadersnetwork.mk/wp-content/uploads/2023/01/Good-practices-MKD-3.pdf?fbclid=IwAR0XN4NBsS6L5_8OzoZ1MuNVGJa65KtqHldwjikQns5CnBUGQ2BJmPxqs4

- **World Health Organization (WHO) – „Every Move Counts” video**

https://www.youtube.com/watch?app=desktop&v=jY7YvgIA92s&si=TMVEHAcvOOC6Okw0&fbclid=IwAR3v1unTiy_OHOWbkuZZVuTJG9VdnWB62t9aqSEZ2pOJsVaW61OgOz4-pJc



FINANCIAL REPORT 2023

Conto	Donor	claim	claim balance +	claim balance -
7403	Europe Active	1.077.841,00		1.077.841,00
7403	PLAY International	954.216,00		954.216,00
7403	Charity Fonds of the Canton of Zurich	960.990,00		960.990,00
7403	Movi GO Sporty	33.206,00		33.206,00
7403	Opstina Karposh	499.993,00		499.993,00
7403	SPIN Sport and Innovation	888.940,00		888.940,00
7403	Y4SC Erasmus+ Youth Project	376.300,00		376.300,00
7403	Other donations and projects from previous year designated for activities in 2024	1.626.552,00		
Total		6.418.038,00		4.791.486,00