

FTMB Trophy, 1st Edition - 2012



FUNDAȚIA PENTRU TINERET
A MUNICIPIULUI BUCUREȘTI

Description of the project including the project's goal

Project's goal: to enhance youngsters' mental and physical health.

The project was part of the European Move-Week;

The project aimed at encouraging the youths to practice sport in their everyday life

It targeted the Bucharest and Ilfov County High Schools and NGOs members of FTMB (22 NGOs)

Activities:

mini football, football tennis and tennis competitions.

Project partners:

- Ilfov County Directorate of Sports and Youth,
- Sports for All Association of the Ilfov County;
- Universal Top Construct;
- Curierul National Newspaper

Participants: 67 youngsters and 6 Animators.

Project's objectives, activities and achievements

Project's objective: to raise youngsters' awareness regarding key health issues impact on young people, e.g. mental health and physical health.

The project had sport events on the 6Th and the 13Th of October 2012. 8 teams of 8 participants each were involved in the competition. Competition focused on the Sports for All values: everybody has to participate and everybody is a winner.

On the 6Th of October 2012 mini football, football tennis and tennis competitions took place, both for the members of the High Schools and for the members of the NGO's.

On the 13Th of October 2012 the finals of the competition and the rewards for the participants took place.

How young people were involved

In 2011 the BCS Company realized a national research on youth issues. The questionnaire was realized by a researcher of Bucharest Youth Foundation.

As a result of this research it is stipulated that one of the major needs of youngsters in Romania is the organizing of sport competitions.

By this project we answered to one of the youngsters' needs, being inspired by them.

67 youngsters participated to the project activities. They belonged to High Schools from Bucharest (1) and the surrounding rural zone (2) and to 10 NGO's.

They were guided by 6 Sport for All Animators.

Project funding

Bucharest Youth Foundation ensured the major part of the budget. Here are other contributions of the project partners:

- **SC "Brotac medical Center" SRL : medical assistance during competition;**
- **Ilfov County Directorate of Sports and Youth : medals and cups for the winners.**
- **Sports for All Association of the Ilfov County: 6 Sports for All Animators**
- **Universal Top Construct: the sport yard for the competitions.**

Project's connections to national or international environment processes

**The project was part of the European Move-Week;
According to the National Research Centre on Sports, in Romania the biological involution starts at the average age of 16 years.
Romania is on the last place in EU countries regarding life expectancy for both males and females.**

Project's connections to national or international health processes

The project was part of the European Move-Week

Follow up, outcomes and future plans

FTMB Trophy will be a permanent project for the Bucharest Youth Foundation.