



ANNUAL REPORT 2020

SPORTS PROGRAMME VIETNAM & MONGOLIA

“

I believe that all children have
the right to a childhood.”

- Christina Noble OBE -



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ABBREVIATIONS

CNCF	Christina Noble Children's Foundation
HCMC	Ho Chi Minh City
MOLISA	Ministry of Labour, Invalids and Social Affairs
DOLISA	Department of Labour, Invalids and Social Affairs
BIS	British International School
USD	US Dollar



OUR VISION, MISSION, VALUES

Vision: A united world where children are free from suffering, poverty, exploitation, fear, and oppression. Where children are aware of their fundamental human rights.

Mission: The Christina Noble Children's Foundation (CNCF) is dedicated to serving the physical, medical, educational and emotional needs of vulnerable children. We believe that every child is an individual who deserves love, respect and freedom from all forms of abuse and exploitation. We establish long-term relationships with the children we support and empower them to live happy, emotionally rich, and independent lives.

Values: Our values represent our beliefs and guide how we behave. They are love, compassion, respect, honesty, and integrity.

PROGRAMME OVERVIEW

VIETNAM

ESTABLISHED

1997

LOCATION

Ho Chi Minh City, Vietnam

OBJECTIVES

The aim of this programme is to use the transformative power of sports to support disadvantaged children in building self-esteem, self-confidence, their physical health and the development of social skills by encouraging them to participate in a variety of physical activities in a safe, supportive and loving environment

BENEFICIARIES

Children from the Sunshine School, Sunshine Boys' Home, Sunshine Girls' Home, Child Sponsorship Programme and other disadvantaged and/or street children in HCMC

LOCAL PARTNERS

Ministry of Labour, Invalids and Social Affairs (Sunshine Social & Medical Centre and Sunshine School) and Department of Labour, Invalids and Social Affairs (Sunshine Homes)

CNCF ACCOUNTABILITY

CNCF is fully responsible for funding, programme management, monitoring and evaluation

MONITORING AND EVALUATION

CNCF's Sports Programme Management Team follow regular monitoring and evaluation processes. CNCF's Sports Programme Coordinator conducts site visits during programme activities. Weekly internal meetings are held to discuss programme related issues and updates. Monthly reports and semi-annual reports are provided to the Board of Management and an annual review of the programme is made available to all stakeholders. Most importantly, the progress of the children in the sports programme is celebrated through games, examinations and tournaments throughout the year

ACTUAL COST 2020

USD \$7,448.97

REPORTING PERIOD

January - December 2020

2020 OBJECTIVES

- To continue to provide access to sporting activities for our children and empower students to engage in the programme
- To maintain our current sports curriculum and work to innovate new ideas for programme delivery

PROGRAMME OVERVIEW

MONGOLIA

ESTABLISHED

2010

LOCATION

Ulaanbaatar (Capital City) and
the Songino Khairkhan District

OBJECTIVES

The aim of the programme is to provide the children within our care with a variety of fun sporting activities to support their physical health, psychological wellbeing, and social development

BENEFICIARIES

Children from the Blue Skies Ger Village, Blue Skies Kindergarten, Child Sponsorship Programme, siblings and friends of children enrolled in CNCF's programmes and children of CNCF staff members

LOCAL PARTNERS

Mongolian Taekwondo Association;
Mongolian Olympic Association;
Tulga Taekwondo Club;
Songinokhairkhan District's Sports' Agency;

Songinokhairkhan District's Mayor;
Songinokhairkhan District's Children's Development Center; Seoul Taekwondo Association; Jeonju Taekwondo Association; Child, Family and Youth Development Authority; Mongolian Cricket Association

CNCF ACCOUNTABILITY

CNCF is fully responsible for funding, programme management, monitoring and evaluation

MONITORING AND EVALUATION

CNCF's Director of Operations and CNCF's Ger Village Management Team conduct regular site visits during programme activities. Weekly internal meetings are organised for programme discussion and updates. An annual report is made available to all stakeholders. Most importantly, the progress of the children is celebrated at performances, sporting events and tournaments throughout the year

ACTUAL COST 2020

USD \$7,558.21

REPORTING PERIOD

January – December 2020

2021 OBJECTIVES

- To continue to provide access to sporting activities for our children and encourage students to engage in sports
- To maintain our current sports curriculum and work to innovate new ideas for programme delivery including the implementation of remote learning

EXECUTIVE SUMMARY

In 2020, the Sunshine and Blue Skies Sports Programmes continued to provide children in our care with a variety of fun sporting activities to support their physical health, psychological wellbeing, and social development.

The beginning of the year saw a major disruption in children's academic schooling and sport routines when educational facilities were closed, and sporting activities were postponed due to the COVID-19 global pandemic. Our team in Mongolia initiated Taekwondo remote learning to ensure our children were able to keep up with their sports routines having remained in lockdown. All classes of the Blue Skies Sports Programme resumed in September, and sporting events were organised with the participation of our students until November when lockdown was once implemented. In Vietnam, martial arts tournaments and Taekwondo belt upgrade examinations were also cancelled in accordance to COVID-19 regulations; however, outdoor Football, Judo and Swimming lessons were facilitated when

the restrictions were lifted. We ensured our children were able to engage in sports to ensure their health and positive wellbeing whilst our team worked tirelessly to guarantee the safety of all students.

Vietnam has come a long way in its socio-economic development since Christina first arrived in 1989 and, in more recent years, the Government has made great strides in its commitment to free education for all primary school aged children and increased access to well-equipped school facilities. Therefore, with the support of our government partners the Ministry of Labour, Invalid and Social Affairs and the Ho Chi Minh City Department of Education, CNCF has been able to successfully transition all of our Sunshine School students into mainstream schooling near their dwellings in their local community this year, which resulted in the graduation of our Sunshine School students contributing to the number of students participated in the Sunshine Sports Programme in 2020. This is great progress for Vietnam and its commitment to its children from disadvantaged communities. The decision was also made due to the rapid development of the inner city in recent years where the School is located and more families locating to the outskirts of the city where cost of living is significantly lower. In turn, this made travel long and arduous for children and their families, with some having to travel up to 2 hours each-way every day making the journey to school hazardous and a growing safety concern for CNCF. CNCF continues to remain committed to supporting our students throughout the remainder of their education and whose welfare remains paramount to us all. All children have been transitioned on to our Child Sponsorship Programme to ensure families have monthly financial support so the children are supported with their educational needs and remain in school, which CNCF will continue to monitor.

In 2021, we aim to maintain our current sports curriculum and explore ways to innovate programme delivery, whilst increasing the number of students engaged in sports activities.

In 2020,

165 CHILDREN engaged in CNCF's Sports Programme

109

CHILDREN
attended
Taekwondo

15

CHILDREN
attended
Judo

12

CHILDREN
attended
Ky Dong
Swimming Club

22

CHILDREN
attended
Football

11

CHILDREN
attended
Cricket

08

CHILDREN
attended
Kendo

02

CHILDREN
attended
a Basketball
course

01

CHILD
attended
a Wrestling
course

Since inception,



5,233
CHILDREN

have enrolled in CNCF's Sports Programme in Vietnam and Mongolia, supporting their physical health and overall wellbeing. **7**

OUR YEAR

VIETNAM

52 CHILDREN
engaged in CNCF's
Sunshine Sports Programme

15 CHILDREN
were from
the Sunshine School

22 CHILDREN
were from
the Sunshine Boys' Home

15 CHILDREN
were from
the Sunshine Girls' Home



02

BELT UPGRADE EXAMINATIONS

were organised for
Taekwondo students.
17 students passed
the examinations

Class Participation



15 CHILDREN
attended Taekwondo



15 CHILDREN
attended Judo



12 CHILDREN
attended Swimming



22 CHILDREN
attended Football

Age Group

15

Children

6 – 10
years old

32

Children

11 – 18
years old

05

Children

Above
18 years old

Due to COVID-19 pandemic restrictions on movements and social gatherings, excursions for the Sunshine Sports Programme students were planned but could not take place.



OUR YEAR

CNCF believes that an education without exposure to sports is not a complete education. Through the Sunshine and Blue Skies Sports Programmes, we aim to provide children coming from disadvantaged and poverty-stricken backgrounds, with the sports and extracurricular activities that they would otherwise not have access to. These experiences support the children to explore their potential, cultivate new skills and improve their physical fitness and overall wellbeing, for the happy and healthy childhood they deserve.

MONGOLIA



113

CHILDREN

including **41 Boys** and **72 Girls**, engaged in CNCF's Blue Skies Sports Programme

55 CHILDREN
were from the Blue Skies Ger Village

40 CHILDREN
were from the Blue Skies Kindergarten

10 CHILDREN
were from the Child Sponsorship Programme

08 CHILDREN
were siblings or friends of children in CNCF's Child Sponsorship Programme or children of CNCF staff members

Class Participation



94

CHILDREN
attended
Taekwondo



11

CHILDREN
attended
Cricket



08

CHILDREN
attended
Kendo



02

CHILDREN
attended
a Basketball course



01

CHILD
attended
a Wrestling course

Age Group

40

Children

0-5 years old

22

Children

6-10 years old

28

Children

11-15 years old

22

Children

16-18 years old

01

Child

19-24 years old

OUR YEAR

MONGOLIA

Taekwondo



94 CHILDREN
including **32 Boys** and **62 Girls**,
participated in Taekwondo classes

36 CHILDREN
were from
the Blue Skies Ger Village

10 CHILDREN
were from
the Child Sponsorship Programme

40 CHILDREN
were from
the Blue Skies Kindergarten

08 CHILDREN
were siblings or friends
of children in CNCF's Child Sponsorship
Programme or children of CNCF staff members

Age Group

Age	0-5 years old	6-10 years old	11-15 years old	16-18 years old	19-24 years old
Number of Children	40	19	20	14	01

Cricket



11 CHILDREN
including **06 Boys** and **05 Girls**,
participated in Cricket classes. All children
were from CNCF's Blue Skies Ger Village

Age Group



11 – 15 years old



16 – 18 years old

Kendo



08 CHILDREN
including **03 Boys** and **05 Girls**,
participated in Kendo classes. All children
were from CNCF's Blue Skies Ger Village

Age Group



6 – 10 years old



11 – 15 years old



16 – 18 years old

OUR YEAR

MONGOLIA

Children's Achievements



01 STUDENT who is an International Sports Master, became a member of Mongolia's Taekwondo National Youth Team and is training for the 2024 Summer Olympics



01 STUDENT was recognised as a Mongolian Sports Master



09 TAEKWONDO STUDENTS participated in 01 international Taekwondo tournament and 02 domestic tournaments. **02 MEDALS** were awarded for the students

01
SILVER
MEDAL

01
BRONZE
MEDAL



01 TEAM OF 04 CHILDREN were the runner-ups of the 'Taekwondo 3x3' show of a National Broadcasting Television channel



09 CRICKET STUDENTS participated in 03 domestic tournaments. **05 MEDALS** were awarded to the students



03 SILVER
MEDALS

02 BRONZE
MEDALS



01 STUDENT was awarded with a Bronze medal at the Ulaanbaatar Basketball League 2020

Trainings and workshops

40 STUDENTS participated in **02 trainings**

10 STUDENTS attended a countryside training

01 STUDENT took part in a countryside training with the National Youth Team of Taekwondo in preparation for the 2024 Olympics

02 SPORTS PROGRAMME STAFF attended **05 trainings and workshops**

REPORT 2020

PROGRAMME DESCRIPTION

CNCF strongly believes in the transformative power of sports, of which benefits reach far beyond physical advantages. Engaging in sports also enables the essential social and psychological development of every child. Our philosophy ensures all children, regardless of their backgrounds and circumstances, have access to a quality, well-rounded education. CNCF's Sports Programme provides disadvantaged children with the opportunities to take part in athletic activities, to develop physical health and their overall wellbeing as well as facilitating the children to gain vital life skills and character traits to lead a self-sufficient and sustainable future.





REPORT 2020

PROGRAMME DESCRIPTION

VIETNAM

Established in 1997, the Sunshine Sports Programme provides children with the opportunity to participate in a variety of sports activities, enabling children from the Sunshine School, Sunshine Homes, Child Sponsorship Programme and other disadvantaged and/or street children in HCMC to foster social connections and gain peace of mind and sportsmanship whilst engaging in physical activities. We also provide our Sports Programme students with exposure to a variety of activities such as tournaments, competitions and performances to acknowledge their achievements and encourage them to aim high and never give up.

Currently, the Sunshine Sports Programme offers Swimming, Taekwondo, Football and Judo classes. To date, **4,790 children** have engaged in the Sunshine Sports Programme Vietnam.



PROGRAMME DESCRIPTION

VIETNAM

Taekwondo

Taekwondo offers a range of fundamental skills that are beneficial to our children, supporting their athletic abilities including physical coordination, self-defence, flexibility, balance and personal development such as self-awareness, discipline, persistence and confidence. For many of our children who come from adverse childhood backgrounds, it is also important that these young people have a safe outlet of peace and balance through sports. By participating in Taekwondo classes, students are able to learn and adapt at their own pace and strive for self-improvement and personal growth.

Taekwondo students gather for 90-minute training sessions twice per week with activities including warm-ups, stretching, kicking and punching, self-defence techniques and kata forms. Our Taekwondo teachers provide guidance to all children and prepare them for their belt upgrade examinations which are organised throughout the year. Each student also receives new uniforms twice a year and a light meal after each class. In 2020, Taekwondo classes were only opened to students for 3 months due to COVID-19 restrictions on social gatherings.

Students who show a keen interest in the sport and wish to advance their skills are encouraged to join our Taekwondo Competition team and take part in local tournaments and competitions. During the year, children in Taekwondo also demonstrate their skills at CNCF events such as the School Opening Ceremony and Teachers' Day celebrations. These are valuable opportunities for our young people to showcase their talents and what they learn in class as well as gaining self-confidence and self-belief.





REPORT 2020

PROGRAMME DESCRIPTION

VIETNAM

Swimming

Recognising the importance of water safety, we ensure that every student achieves water competency and develops fundamental safety skills in and around the water. In addition to improving the strength, flexibility and endurance of a child, swimming also stimulates the children's senses, promoting further positive brain development.

Swimming was a compulsory course for fifth grade students of CNCF's Sunshine School. Each week, all students participated in a 1-hour session at the Ky Dong Swimming Club. Lessons focused on water safety, breathing and swimming techniques. Each class lasted between 4 - 9 months depending on the progress of the students. To attain course completion, each child had to be able to tread water for 30 seconds and swim at least 25 metres using the freestyle stroke without a floatation device. Each student also receives swim attire and a light meal consisting of a sandwich and milk after the swimming session. Due to COVID-19 restrictions, swimming lessons were only able to take place in June and July.

In 2018, an additional swimming club in collaboration with high school student volunteers of the British International School (BIS) was formed to support our young children in developing their water skills. CNCF students who need additional practice attend a one-hour session once a week to work individually with BIS students to improve their swimming skills and techniques. This additional support enables the students to build friendships and develop confidence and social skills.



REPORT 2020

PROGRAMME DESCRIPTION

VIETNAM

Judo

To our children, the practice of Judo is beyond learning and applying techniques, but a means to social and psychological development beneficial to a positive and energising state of mind. Taking part in Judo class not only supports our students in building strong muscles and improving their cardio, but nurtures their trust, confidence, and judgment, empowering the students to grow into emotionally secure and healthy young adults.

Initiated in August 2018, the Judo class is sponsored by the Lugdunum Judo Club in France and taught by professional instructors of the Tami Judo Club in HCMC. The classes are open to all children who take part in a 2-hour lesson guided by 3 Judo teachers every weekend. Lessons include warm-ups, stretching activities and different fall and throw techniques. All children participating in the class receive uniforms and a light meal after each lesson. Due to COVID-19 restrictions, Judo classes could not take place as planned in the first five months of the year.

Football

Initiated in October 2020, the Football classes take place every weekend, where children of CNCF's Sunshine Homes are encouraged to take part in the class to develop their football skills and stimulate their imagination in a fun, friendly and positive environment. Students are divided into two individual teams to compete against one another whilst they develop sportsmanship and teamwork. All students shared enthusiasm taking part in the sports and have further strengthened their friendship. In the future, we plan on expanding the Football classes' reach to support the disadvantaged children in the community whilst inspiring a greater sense of football spirit.

PROGRAMME DESCRIPTION

MONGOLIA

CNCF's Blue Skies Sports Programme was established in 2010 with an aim to provide children of the Blue Skies Ger Village, and later expanded its scope to children of the Child Sponsorship Programme, their siblings and children of CNCF staff members, with the opportunities to cultivate new interests and hobbies that support their physiological, emotional and social growth. Throughout the year, CNCF staff organise a variety of sports activities, such as morning exercises and a Ger Village Sports Day. We also encourage our Blue Skies Sports Programme students to participate in numerous national and international competitions and tournaments, fostering bravery, self-confidence and encouragement amongst their peers.

Currently, the Blue Skies Sports Programme offers Taekwondo, Cricket and Kendo classes. A basketball court and volleyball net were also installed at CNCF's Ger Village where our students and CNCF team often gather and participate in sporting activities together. Since inception, the Programme has supported **443 children** to engage in sports and explore their potential.



PROGRAMME DESCRIPTION

MONGOLIA

Taekwondo

Many of our children come from extremely traumatic backgrounds where they experience daily behavioural, emotional and psychological distress. It is therefore important that through Taekwondo classes, we provide a safe environment for the young people to improve physical fitness and express themselves as well as gaining self-confidence and self-esteem.

Taekwondo is one of the children's most favourite activities, enabling the young people to develop their focus, discipline and self-confidence as well as empowering emotional expressions in a therapeutic environment.

The students are divided into 5 groups based on their school timetable. The kindergarten students participate in a 1-hour lesson, whilst other students attend two 2-hour sessions per week. The lessons are taught by our professional coach who leads each class with pride, passion and attention to the needs of each child. During the classes, our children learn essential self-defence techniques and always wear protective gear provided by the staff.

In 2020, we initiated Taekwondo remote classes for our students to continue practising their techniques when the COVID-19 pandemic lockdown was implemented. Three of our older students supported coach Battulga in the delivery of the classes.

Over the past six years, our talented young athletes have won 79 Gold, 88 Silver and 141 Bronze medals. Furthermore, 1 child was officially recognised as an International Sports Master, 6 children as Mongolian Sports Masters and 7 children were ranked as Mongolian Sports Sub Masters. Our Taekwondo coach Battulga was also awarded the title of International Sports Master of Taekwondo this year.





PROGRAMME DESCRIPTION

MONGOLIA

Kendo

In order to support our students to receive exposure to a variety of sports and develop new skill sets, this year, we implemented Kendo classes in partnership with Wagner Asia LLC who supported all equipment needed. The lessons were delivered by coach Altangerel, who is a member of Wagner Asia LLC and a Kendo instructor from the Mongolian Kendo Federation. Students participated in a 2-hour Kendo session every Saturday. However, due to the lockdown measures, the classes were organised only in January, June, July and August. All students participating in Kendo classes expressed their enthusiasm and excitement to resume their practice.

Cricket

In 2016, our children began attending Cricket lessons organised by the Mongolian Cricket Association - the first Cricket organisation established in Mongolia, enabling the students to

develop teamwork, cooperation, and communication skills in addition to their overall fitness, stamina and hand-eye coordination.

Students attend weekly 4-hour training sessions held at the club's grounds located in one of the capital city's main parks. Activities include sprinting and speed running skills development, as well as bowling and throwing techniques. Headteacher Davaasuren, the first internationally qualified Mongolian coach, teaches our children with great enthusiasm and passion, empowering them to improve their psychological and physical health as well as academic performance. Being part of the Mongolian Cricket Association allows us to support our children in developing their coordination and fitness whilst being able to stay active outdoors and build new friendships. Our Ger Village Junior Psychologist Munkhsukh attends a weekly Cricket coaching course organised by the club. He encourages and supports our children's development in the sport by overseeing practice sessions at the Ger Village.

This year CNCF's Cricket Team participated in 3 competitive matches, where the students were able to showcase their skills, build team spirit as well as learning new techniques from their competitors and make new friends.



PROGRAMME DESCRIPTION

MONGOLIA

Events & Activities

Taekwondo Tournaments

By empowering our students to take part in competitions, we enable our young people to believe in themselves, to set and achieve their goals whilst gaining necessary skills and strengthening their techniques.

Most of Taekwondo championships and competitions take place in other provinces and abroad. Due to COVID-19 restrictions and to ensure the safety of our children, the Taekwondo team were unable to compete in a wide range of domestic and international competitions this year. However, our students were encouraged to participate in an online international championship and two local tournaments held in Ulaanbaatar when restrictions were lifted. 9 students participated in the tournaments and successfully won a Silver and a Bronze medal.

Taekwondo Training Trip

In 2020, our Taekwondo student who was previously named International Sports Master, proudly became a member of the National Youth Team and later joined in a 21-day training in Bulgan province in preparation for the 2024 Summer Olympics.

Ten of our Taekwondo athletes had an opportunity to visit Tuv Province for a 3-day field training in August. Their daily schedule included a 5-kilometre run to boost physical fitness, and a variety of outdoor activities to develop patience and courage.

Taekwondo Performances

Throughout the year, our Taekwondo students showcased their skills through performances at Ger Village events such as birthday, graduation and Children's Day celebrations.





PROGRAMME DESCRIPTION

MONGOLIA

Events & Activities

Ger Village Sports Day

To cultivate a sense of team spirit and community at CNCF's Ger Village, our CNCF team organised a fun day of friendly sporting competitions for our staff and children. The day comprised of a volleyball match, a basketball tournament, relay races and games. All children enjoyed a day full of activities and an opportunity to connect with each other through teamwork.

Basketball Course

Two of our Ger Village children are enrolled in a basketball course organised by their school. The children show great determination and were able to represent their school to compete in local tournaments. One student participated in Ulaanbaatar League 2020 for Youth and was awarded with a Bronze medal. One student competed in the 'Amateurs 3x3' basketball competition and his team were awarded with 4th place.

Freestyle Wrestling Course

One student at the Ger Village has shown interest in wrestling and started to attend a freestyle wrestling course organised by a local sports club this year. Through his passion and commitment to the sport, the student has made great progress in a short period of time.

Outdoor Morning Exercise

Outdoor morning exercise classes are held at our Ger Village during summer holidays, empowering our children to maintain a good routine and improve their fitness whilst having fun with their friends. The sessions start at 7am with activities including jogging around the Village and practising aerobics on the basketball court, ensuring all children were energised for the day ahead. This year, the classes were led by 2 of our older children.



PROGRAMME DESCRIPTION

MONGOLIA

Life Skills Training & Workshops

To support our students in choosing their sport career pathways, our students took part in training sessions, allowing the children to gain a better understanding of the training requirements to maximise their career potential. A training on Taekwondo Poomsae was also organised to introduce different techniques. All students who participated enjoyed the training sessions as they were equipped with the necessary knowledge and new skills.

Staff Training & Workshops

In 2020, our Sports Programme staff also took part in sharing sessions focusing on self-motivation, stress management and self-caring, delivered by CNCF's Healthcare and Psychosocial Team. CNCF's Taekwondo coach Battulga participated in a 2-day training organised by the Mongolian Taekwondo Association, which introduced the latest regulations and highlighted the importance of athlete wellbeing.





REPORT 2020

MONGOLIA & VIETNAM STATISTICS

Physical activity is key to supporting a child's cognitive development and mental health, as well as benefiting broader aspects to their growth including academic achievements and developing their social skills. However, a lack of available finance remains one of the leading barriers to inadequate access to sports for children and young adults living in abject poverty. Through CNCF's Sports Programmes, young people who experience disadvantage and would otherwise not be exposed to sports, are able to engage in physical activities and benefit from the transformative power of sports.

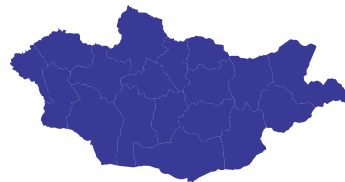


Worldwide,

3 in 4

adolescents (aged 11-17 years), do not currently meet the global recommendations for physical activity set by the World Health Organisation (WHO). ^[1]

MONGOLIA



78.75% of school going adolescents aged 11-17 years do not meet WHO recommendations on Physical Activity for Health ^[2]

^[1] World Health Organisation, Global Action Plan on Physical Activity 2018-2030

^[2] & ^[3] World Health Organisation, 2016

^[4] Vietnam Ministry of Health, 2019

VIETNAM



86.32% of school going adolescents aged 11-17 years do not meet WHO recommendations on Physical Activity for Health ^[3]

More than **3,000** children and adolescents are victims to drowning each year. ^[4]



REPORT 2020

OUR STORIES

Pursuing A Passion For Sports Despite Challenges

Although born with disabilities, Thanh* never once let his health conditions destroy his dream. Weak due to his health challenges, Thanh often encountered difficulties relating to physical abilities in everyday tasks. Despite his movement challenges, Thanh has a passion for sports and is now able to reach his potential through CNCF's Sunshine Sports Programme.

Thanh was enrolled in the swimming class where he practised with great patience. As his determination blossomed, Thanh successfully completed the swimming course having swum 50 metres continuously and ranked one of best swimmers in the class. In addition to swimming, Thanh also takes part in football and judo which he thoroughly enjoys. In the weekly football training sessions, Thanh has the opportunity to challenge himself and play various positions on the field.

Thanh is a role model and an inspiration to many other children, for his motivation and resilience to achieve his goals despite his challenges. Thanh's achievements are also a testament to the potential that lies within all children, when given the right encouragement, support and opportunities.

*Name and identity changed for child protection

OUR STORIES

Enriching A Childhood Through Judo

Hy* moved to Ho Chi Minh City with his parents and brother in the hope of a better life. As the family settled in, Hy's parents became ill and had to return to their hometown for medical treatments. With an absence of parental care, Hy's older brother had to become the breadwinner and take on the responsibility of looking after Hy. The brothers relied on each other to survive in the bustling city but it was immensely challenging for them. Hy then came to live at the Sunshine Boys' Home for the best possible start to life, so that his older brother could focus on employment.

Since his arrival, Hy has shown a particular interest in sports and is always keen to join in a range of extracurricular physical activities. This year Hy was able to attend Judo classes facilitated by CNCF's Sunshine Sports Programme at the Boys' Home. Hy quickly learned basic techniques and excelled in the sports to later be identified as one of the most talented students in the class. Hy also cultivated self-confidence and gained social skills through the Judo practices. From a shy young boy, Hy is now a very active and warm friend to all his classmates and the other children at the Boys' Home, who also support his Judo teachers in guiding and helping younger children in the class. We are incredibly proud of Hy's accomplishment as was Hy.

*Name and identity changed for child protection



REPORT 2020

OUR STORIES

Thank You From A Grandparent

"I am very grateful for what CNCF has given to my grandson Minh* over the years. Growing up in abject poverty, Minh did not have access to a quality education or the opportunities to engage in personal enrichment activities due to our family's financial difficulties. It was then that CNCF came into our lives and was our light at the end of the tunnel. Not only providing academic educational support, CNCF also enrolled Minh in extracurricular classes such as Piano, Art, Music, Dance and sports activities such as Swimming, Judo and Taekwondo. Since then, Minh has flourished in his physical and emotional development and developed great confidence and discipline. I am very proud of my grandson and hope he continues to pursue a passion for sports. Thank you CNCF for your support and for all the opportunities you have provided for Minh."

- Grandmother of a Sunshine Sports Programme Child -

*Name and identity changed for child protection



OUR STORIES

A Child Thriving Through Taekwondo

Sondor* grew up with her mother and brother in a dilapidated and squalid ger (a traditional Mongolian home) near Ulaanbaatar's largest landfill, before coming to live at CNCF's Blue Skies Ger Village at the age of 7. Sondor's mother collected empty bottles and cans in the dump yard to earn a living for the family, but most of the income was spent on alcohol and she was incapable of looking after her children. A safe and brighter future for Sondor and her brother began when the young children arrived at CNCF's Blue Skies Ger Village, and were able to go to school for the very first time in their lives.

In addition to the academic lessons, Sondor takes part in extracurricular classes facilitated by CNCF's Arts, Music & Sports Programmes, which not only enables Sondor to develop her social skills and engage with other children, but enriches her childhood. It has only been 6 years since the day Sondor first started practising Taekwondo and we are thrilled to witness her sporting achievements. Today, Sondor has become a very talented Taekwondo athlete holding a Red belt, and often supports the Ger Village's Taekwondo coach in teaching younger children. Through the guidance of her coach, Sondor was able to develop herself even more and cultivate discipline and goal setting skills.

During these unprecedented times, Sondor continued to demonstrate incredible resilience and great commitment to Taekwondo. This year, Sondor was empowered to participate in a variety of tournaments that she was proudly awarded with 2 Gold, 1 Silver and 2 Bronze medals, as well as taking part in a sports television programme. CNCF continues to support the well-rounded development of Sondor and we believe that Sondor will continue to make great progress and achieve her dream of becoming a successful Taekwondo athlete.

*Name and identity changed for child protection

OUR STORIES

From Roaming The Streets To A National Team Star

"My name is Ariunaa* and I have been living at CNCF's Blue Skies Ger Village for 9 years now. I lost my father when I was 7 years old. We did not have any income so my elderly grandmother, my brother and I had to beg on the streets for survival. The authorities knew of our situation and one day, my younger brother and I were taken into the care of CNCF at the Blue Skies Ger Village. When we arrived, we were fed and looked after in a warm and comfortable home. The Ger Village staff were extremely kind to us, my first day at the Ger Village always stays fresh in my memory and remains one of the most heart-warming experiences I've ever had.

Everything was new to me at the time but thanks to the support of the Ger Village staff, I quickly adapted and started making new friends as well as learning to play instruments and participate in sports. I have learned a lot and developed my interpersonal skills and physical strength in doing so. I really enjoy the Cricket classes, which has taught me a lot on essential life skills such as teamwork, communications, and especially sportsmanship. By competing in a range of tournaments and championships, I get inspiration and hope from every win, and in conjunction with every defeat, I motivate myself to aim higher for next time and practise even more. These are all the important lessons that I will always take with me.

Recently I won a Silver medal in the 'Mongolian National Cricket League' competition and I am also qualified for the Mongolian Cricket National Team. Today would have never come if it had not been for CNCF's support. Thank you to CNCF and my Cricket coach for enabling me to achieve these great successes. I know that if I continue to work hard, I will achieve many more."

- A Blue Skies Sports Programme Child -

*Name and identity changed for child protection



REPORT 2020

OUR STORIES

Thank You From A Parent

"I am Chinbat*'s mother, my son is 12 years old and attending Taekwondo classes at the Blue Skies Ger Village. Due to our financial hardships, I could not afford extracurricular activities for my son. When Chinbat was introduced to the Blue Skies Sports Programme's Taekwondo classes through his friend who was enrolled in CNCF's programme, I was immensely happy for my son and was grateful to know that there are enrichment classes available to the disadvantaged community.

It has been 4 years since my son first started practising Taekwondo. During the COVID-19 lockdown, Chinbat continued to train at home with the support of his coach and showed on-going commitment and determination to the sports. I was tremendously proud that Chinbat was acknowledged with a Black belt, and took part in his first international Taekwondo Poomsae online competition this year.

No words can convey my gratitude to Chinbat's Taekwondo coach and CNCF who have supported my son to grow into a very well-mannered and organised individual. The sport also helped him to open up and share with me more, for which I am forever grateful. Thank you very much for everything you have done for my son.'

- Mother of a Blue Skies Sports Programme Child -

*Name and identity changed for child protection



REPORT 2020

FINANCIAL OVERVIEW

The operational cost of the Sunshine Sports Programme in 2020 was:

USD \$7,448.97

The operational cost of the Blue Skies Sports Programme in 2020 was:

USD \$7,558.21

Heartfelt thanks to our kind donors who enable CNCF to keep this project operating and also to those who generously support with gift and time in-kind which enables us to keep our costs down.

Audit in progress at time of reporting.
Our audits can be found at:
www.cncf.org/finance-policies/



SUNSHINE SPORTS PROGRAMME EXPENDITURES IN 2020

Description	Expenditure 2020
Taekwondo	
Taekwondo Teachers' Salary	661.17
Food & Drink for Students	448.10
Tuition for Belt Upgrade Examinations	582.45
Swimming	
Swimming Coach & Entrance Fees	38.97
Food & Drink for Students	49.49
Judo	
Judo Teachers' Salary	1,198.61
Food & Drink for Students	417.70
Football	
Pitch Rental Fees	154.23
Drink for Students	100.95
Transportation for Students	5.19
Management Costs	
CNCF Programme Staff Salary & Allowances	3,232.08
Others	560.03
TOTAL COST	7,448.97

BLUE SKIES SPORTS PROGRAMME EXPENDITURES IN 2020

Description	Expenditure 2020
Firewood & Coal	504.65
Electricity	582.13
Taekwondo Tournaments	976.03
Cricket	185.87
Children's Sports Club Fees	45.62
Clothing and Equipment	328.13
Transport	70.19
Staff Salaries	4,486.43
Social Insurance	258.94
Public & Staff Relations	19.15
Miscellaneous / Others	101.07
TOTAL COST	7,558.21



REPORT 2020

ACKNOWLEDGEMENTS

Your donations to CNCF's Sunshine and Blue Skies Sports Programmes enable us to continue providing a safe and active sporting environment, where vulnerable children are able to engage in activities supporting their physical health and positive wellbeing, as well as promoting essential character traits such as confidence, discipline and respect for themselves and others.

We would like to extend heartfelt thanks to all of our primary donors **Angela Hsu** (VN), **Patrik Shore** (VN), **Aaron Moore** (VN), **Lugdunum Judo Club** (FR), **Saigon Sunset Charity Cruise** (VN), **Saigon Rugby Club** (VN), and **Wednesday Afternoon Golf Society Hong Kong** (WAGS) (HK) for supporting us to empower many disadvantaged girls and boys to explore and reach their potential, laying a strong foundation for their adulthood. Thank you to our supporters and many individuals not mentioned for your gifts in-kind and services which help to provide a happy, fulfilled and emotionally rich childhood of our children.

Our sincere appreciation to our local partners in Vietnam: Ministry of Labour, Invalids and Social Affairs and Department of Labour, Invalids and Social Affairs; and in Mongolia: Mongolian Taekwondo Association; Mongolian Olympic Association; Tulga Taekwondo club; Songinokhairkhan District's Sports' Agency; Songinokhairkhan District's Mayor; Songinokhairkhan District's Children's Development Center; Seoul Taekwondo Association; Jeonju Taekwondo Association; Child, Family and Youth Development Authority; Mongolian Cricket Association, for making this programme possible.



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