

Golfklúbbur Kópavogs og Garðabæjar



Við Vífilsstaði, Garðabæ

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TUFF - sports project

Goal:

The aim of the project is to increase children's sports participation, with special emphasis on children and adolescents of foreign origin, and at the same time to facilitate their and their parents' adaptation to Icelandic society.

Who is in charge of the project?

Kópavogur, together with the International Charity Organization, The Unity of Faiths Foundation (TUFF), which has had comparable projects across the world.

Free sports for three months for newcomers:

Children who have not participated in sports activities are offered a free exercise at GKG and for three months, starting November 2018. Children of foreign origin are offered special welcome. Newcomers are included in age-related exercise classes that exist in each sport at GKG.

Registration:

Registration sheet can be found here: <https://gkg.is/wp-content/uploads/2018/10/Skr%C3%A1ningarbla%C3%B0-TUFF.pdf>.

The sheet must be filled out and sent to ulfar@gkg.is or delivered to GKG's office at the clubhouse at Vífilsstaðir in Garðabær, where we provide further advice if needed.

