



„Be Value Reload“

Project № 622351-EPP-1-2020-1-BG-SPO-SCP



ONGOING TRAINING PROGRAM FOR GENERATION Z

With my parents, we talked about how my day was and how their day were.	Week 1 – learn to share daily routine activities of parents and Generation Z children which normally is not paid attention on, which includes sports
With my parents, I talk about something that is current for me at school, in the sports hall, about my friends, or life in general.	
With my parents, we learn something new about each other about our likes and dislikes, viewpoints, Taekwon-Do, experiences in the sports hall, etc. With my parents, we talk about a movie, a song, Taekwon-Do practice.	Week 2 – learn to share personal thoughts and feelings which reflect inner personality.
I always put my room in order.	Week 3 – learn how Taekwon-Do can teach to take part of the responsibilities for home maintaining.
I always help in the household work.	

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Co-funded by the
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I always organize my schedule without being reminded by my parents.	Week 4 – learn for independent time management and tasks distribution
I always do my homework, without being reminded by my parents.	
Me and the other members of my family have fun together – we watch a video, movie, performance together, we joke, we go outside, we play a game, we attend an event together, we listen to each other's favorite music together, etc.	Week 5 – learn that share and understand intergenerational values and priorities
I read more pages from a book, per week.	Week 6 – learn how conservative and traditional entertainment tools (books, movies etc.) complement the communication enhancement
I spend less than 60 minutes having fun in the Internet.	

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