

Selected National Paralympic Committees of Asia  
Via Email

Bonn, February 2019

**She Can Lift: Women in Para Powerlifting Programme: Level 3 Technical Official Course in Astana, KAZ**

Dear National Paralympic Committee,

In late 2018, World Para Powerlifting (WPPO) launched “She Can Lift”: Women in Para Powerlifting Programme, a project aims to improve gender equality in Para powerlifting through women’s participation. Through the support of the Agitos Foundation, the project consists of the development and implementation of gender specific content and resources for coaches and technical officials’ courses, as well as the delivery of this content through courses in target regions.

With this, WPPO is hosting a Level 3 Technical Official Course from 08 to 10 July 2019 in Astana, KAZ strictly for female participants. The course will be delivered by an International Paralympic Committee certified Educator, WPPO International Technical Official and former coach. We invite up to two (2) female participants from your NPC to take part in the course. WPPO will provide the following for the duration of the course per participant:

- Airport transportation
- Travel support grant of 100 EUR
- Course registration fee (150 EUR value)
- Course resource handouts
- Course certificate of participation

Please note that course participants are responsible for their own air travel to the host city, accommodations and meals. Reservations can be completed through the Astana 2019 World Para Powerlifting Championships Local Organising Committee.

We encourage you to forward this letter to interested female participants and to support them in attending. Further details regarding the course and application process are listed in the subsequent page.

Best regards,



Dillon Richardson  
Development Co-ordinator

## Preliminary Course Information

<b>Course Dates</b>	Arrival: 07 July Course: 08 to 10 July Departure: 11 July (Or evening 10 July)
<b>Course Location</b>	Astana, Kazakhstan
<b>Course Participation Fee</b>	0 EUR – Covered by WPPO and the Agitos Foundation. Includes course and technical officials' license valid until 2021.
<b>Course Format and Language</b>	Series of theoretical and practical seminars, cumulating in a theoretical evaluation. The course and examination will be delivered in English.
<b>Minimum Qualification Requirements</b>	Participants must: <ul style="list-style-type: none"> <li>▪ Be at least 18 years of age</li> <li>▪ Have a basic level of the English language</li> <li>▪ Have at least a secondary/high school level of education and/or have a competitive powerlifting background or understanding and experience of WPPO competitions</li> </ul>
<b>Application Process</b>	Applications must be sent to <a href="mailto:Dillon.Richardson@WorldParaPowerlifting.org">Dillon.Richardson@WorldParaPowerlifting.org</a> by no later than <b>01 May 2019</b> . <u>Do not book travel or make accommodations payment until confirmation from WPPO is sent.</u>
<b>Accommodations and Meals</b>	Accommodations and meals can be arranged. In order to reserve accommodations, a completed form must be submitted and payment must be received. The costs are: <ul style="list-style-type: none"> <li>▪ Single Room – AMOUNT TO BE CONFIRMED per person per night</li> <li>▪ Double Room – AMOUNT TO BE CONFIRMED per person per night</li> </ul> Please note that details regarding the accommodations for the Astana 2019 World Para Powerlifting Championships will be distributed at a forthcoming date by the Local Organising Committee.
<b>Transportation and Air Travel</b>	Transportation will be provided to all candidates from/to Astana Nursultan Nazarbayev International Airport to the official course hotel. To be provided transportation, a completed form must be submitted at a later date.
<b>Visa</b>	Visa invitation letters can be provided if requested.
<b>Questions</b>	If you have any other questions about the course, please contact <a href="mailto:Dillon.Richardson@WorldParaPowerlifting.org">Dillon.Richardson@WorldParaPowerlifting.org</a> .

## Application Form

Personal Information			
Last Name:		First Name(s):	
Nationality:		Gender:	<input type="checkbox"/> Female <input type="checkbox"/> Male
Date of Birth:		Email:	
Phone Number:		Language Level:	English: Other:
Relevant Experience/ Education:			
NPC Endorsement			
All participants must be endorsed by the National Paralympic Committee.			
NPC Contact Name:			
Role:			
Signature:		NPC Stamp:	
Date:			