

Rashed Noori Officially Part of the Coubertin meets Dunant Foundation's Refugee Programme



Rashed Noori has been an official participant in the [Refugee Programme of the Coubertin meets Dunant Foundation](#) since February. He has been training at the Taekwondo school Crescendo Oberwil in Basel for over two years under the guidance of Lukas Allemann. In an interview with us, he shared insights into the significance of this opportunity for his athletic and personal development.

Rashed, you joined the Coubertin meets Dunant Foundation's Refugee Programme earlier this year. What was your first thought?

When I found out that I had been accepted into the programme, I was incredibly happy. I saw it as a great opportunity to continue developing and achieving my goals. This support reassures me that my hard work is being recognized and that I am not alone on this journey.

You've been training in Switzerland for 2.5 years, having previously trained in Afghanistan. What are the biggest differences in Taekwondo training between the two countries? And is there something Switzerland could learn from Afghanistan?

There are many differences. In Switzerland, training conditions, equipment, and technical analysis are much more advanced. The focus is more on modern techniques and strategy. In Afghanistan, however, training was physically tougher and more intense, with a strong emphasis on strength and endurance. I believe Switzerland could learn a lot from Afghanistan in terms of fighting spirit and mental toughness.

You train hard and often – what is your biggest training challenge?

One of the biggest challenges for me is finding the right balance between intense training and proper recovery. Training a lot is important, but if the body is too tired or injured, progress slows down. That's why I make sure to recover well and maintain a healthy diet. Additionally, being far from my family and home country is not always easy, but I try to stay focused on my goals and keep myself motivated.

What are you most excited about in training?

I love learning new techniques and improving my skills. Every little progress gives me fresh motivation and brings me one step closer to my goal. I also really enjoy competing against other athletes and challenging myself to keep improving.

Your goal is to compete in the Olympic Games in Los Angeles. How does the Refugee Programme support you in this journey?

The programme helps me with administrative matters, such as visa applications. Since I have an F-permit in Switzerland, I am not eligible for a Swiss Olympic Card.



However, being recognized in this programme gives me a status as an elite athlete, which makes it easier to find sponsors. Without financial support, I wouldn't be able to participate in major competitions. At the same time, the programme provides me with mental support and motivation because I know I am not alone and that there are people who believe in me. Additionally, I have access to a network of experienced athletes and coaches, from whom I can learn a lot. All of this makes my path to the Olympic Games in Los Angeles a little easier.

Thank you, Rashed, for the interview. We wish you much success on your journey to the Olympic Games.