

**Grassroots Football Coaching Course Estonia (GFCC): Advancing Gender Equality through Inclusive Grassroots Football**

Course Program	Cost item	Amount EUR	Comments
Female Grassroots coaching program 2026	Instructor travel & fees	4980	<b>Travel (2 round trips) + fees – Course Part 1 &amp; 2</b> The average round-trip travel cost is €380 per person. Each course (Part 1 and Part 2) involves 3 participants: 2 instructors, 1 coordinator from NFF. Travel expenses cover tickets only. <b>Instructor fees</b> Course Part 1: €845 per instructor (includes 10.2% holiday pay - as required by law), covers 6 travel days. Course Part 2: €505 per instructor (includes 10.2% holiday pay - as required by law), covers 4 travel days. These fees are standard fixed rates per course, including travel days. The rate is relatively low compared to the average Norwegian salary. Instructor compensation is set according to the terms defined in their contract with NFF.
	Accommodation & full board	12800	<b>Participants, instructors, and staff: a total of 2 courses will be held in Tallinn</b> Accommodation for 24 participants, Course Part 1 = 3 nights, Course Part 2 = 1 night. Accommodation for 4 persons (2 instructors, 1 representative from NFF, and 1 representative EIL), Course Part 1= 5 nights, Course Part 2= 3 nights. The <b>average</b> cost is estimated at €100 per person per night, based on double room accommodation with full board for course participants (2 persons per room, 12 rooms per night) and single room accommodation with full board for 2 instructors, 1 representative from NFF, and 1 representative EIL. 1. 12 Double rooms, €200 per night (full board) x 4 nights (Course part 1+Part 2) = € 9 600 2. 4 Single rooms, €100 per night (full board) x 8 nights (Course part 1+Part 2) = € 3 200.
	Venues, sports facilities and interpretation	7800	<b>Classroom (theory), pitch rental (practice), and interpreters (theory and practice)</b> Interpreter services for Course 1 (4 days) and Course 2 (2 days), with 2 interpreters per day at €400 per person for total 6 days (8 hours per day)= total €4,800. Training venue rental: €150 x 2 sessions per day x 6 days = €1,800. Conference room rental: €200 per day x 6 days = €1,200.
	Course manuals & translation	3000	<b>Translation of educational materials and manuals for Course Part 1 and Part 2 (one-off) plus printing</b> Translation of Manual 1= €1,300 and Translation of Manual 2= €900. Printing of manuals for Course Part 1 and Course Part 2 (60 manuals in total) = €800.
	Digital learning platform	1200	<b>Digital follow-up and technical assistance</b> One year of digital follow-up and support for all 24 participants via the digital learning platform, including participant enrollment, monitoring of uploaded reports and photos from coaching activities during the practical period, and support for all participants through the three e-learning modules, including technical assistance. Cost: €50 per coach.
	Equipment for coaches	4807	<b>Starter kits for trained coaches</b> Footballs: 144 x €25 = €3600, Bibs: 144 x €3,5= €504, Cones:240 x €0,6 = €144, Net: 12 x €4,3 = €51,60 Wistle: 12 x €2,3= €27,60 Team bag: 12 x €30= €360, Pump: 12 x €4,7= €56,4 Transfer/tax: = €63
	Girls' Football Festival x 2 & transport	4140	<b>Festival logistics, transport, and food for children</b> Transport for Course Part 1 includes 2 festival days with 240 children, and Course Part 2 includes 1 festival day with 40 youth; total transfer cost for festival participants = €1,500. T-shirts for 2 children's festivals: 240 children x €4 = €960 (no T-shirts for the youth festival). Diplomas for 2 children's festivals: 240 children x €2 = €480 (no diplomas for the youth festival). Food for children at 2 festivals: 240 children x €5 = €1,200 (no food provided at the youth festival).
	Project administration (NFF & EIL)	7 745	<b>Direct staff costs, 20 % of the eligible direct costs</b>
	Indirect costs	3 253	<b>Indirect costs 7 % of eligible direct costs.</b>
	<b>Subtotal 2026</b>	<b>49725</b>	

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Female Grassroots coaching program 2027	Instructor travel & fees	4980	<b>Travel (2 round trips) + fees – Course Part 1 &amp; 2</b> The average round-trip travel cost is €380 per person. Each course (Part 1 and Part 2) involves 3 participants: 2 instructors, 1 coordinator from NFF. Travel expenses cover tickets only. <b>Instructor fees</b> Course Part 1: €845 per instructor (includes 10.2% holiday pay - as required by law), covers 6 travel days. Course Part 2: €505 per instructor (includes 10.2% holiday pay - as required by law), covers 4 travel days. These fees are standard fixed rates per course, including travel days. The rate is relatively low compared to the average Norwegian salary. Instructor compensation is set according to the terms defined in their contract with NFF.
	Accommodation & full board	12800	<b>Participants, instructors, and staff: a total of 2 courses will be held in Tallinn</b> Accommodation for 24 participants, Course Part 1 = 3 nights, Course Part 2 = 1 night. Accommodation for 4 persons (2 instructors, 1 representative from NFF, and 1 representative EIL), Course Part 1= 5 nights, Course Part 2= 3 nights. The average cost is estimated at €100 per person per night, based on double room accommodation with full board for course participants (2 persons per room, 12 rooms per night) and single room accommodation with full board for 2 instructors, 1 representative from NFF, and 1 representative EIL. 1) 12 Double rooms, €200 per night (full board) x 4 nights (Course part 1+Part 2) = € 9 600. 2) 4 Single rooms, €100 per night (full board) x 8 nights (Course part 1+Part 2) = € 3 200.
	Venues, sports facilities and interpretation	7800	<b>Classroom (theory), pitch rental (practice), and interpreters (theory and practice)</b> Interpreter services for Course 1 (4 days) and Course 2 (2 days), with 2 interpreters per day at €400 per person for 6 days (8 hours per day), total €4,800. Training venue rental: €150 x 2 sessions per day x 6 days = €1,800. Conference room rental: €200 per day x 6 days = €1,200.
	Course manuals	800	<b>Printing</b> Printing of manuals for Course Part 1 and Course Part 2 (60 manuals in total) = €800.
	Digital learning platform	1200	<b>Digital follow-up and technical assistance</b> One year of digital follow-up and support for all 24 participants via the digital learning platform, including participant enrollment, monitoring of uploaded reports and photos from coaching activities during the practical period, and support for all participants through the three e-learning modules, including technical assistance. Cost: €50 per coach.
	Equipment for coaches	4807	<b>Starter kits for trained coaches</b> Footballs: 144 x €25 = €3600, Bibs: 144 x €3,5= €504, Cones:240 x €0,6 = €144, Net: 12 x €4,3 = €51,60 Wistle: 12 x €2,3= €27,60 Team bag: 12 x €30= €360, Pump: 12 x €4,7= €56,4 Transfer/tax: = €63
	Girls' Football Festival x 2 & transport	4140	<b>Festival logistics, transport, and food for children</b> Transport for Course Part 1 includes 2 festival days with 240 children, and Course Part 2 includes 1 festival day with 40 youth; total transfer cost for festival participants = €1,500. T-shirts for 2 children's festivals: 240 children x €4 = €960 (no T-shirts for the youth festival). Diplomas for 2 children's festivals: 240 children x €2 = €480 (no diplomas for the youth festival). Food for children at 2 festivals: 240 children x €5 = €1,200 (no food provided at the youth festival).
	Project administration (NFF & EIL)	7305	<b>Direct staff costs, 20 % of the eligible direct costs</b>
	Indirect costs	3068	<b>Indirect costs 7 % of eligible direct costs.</b>
	<b>Subtotal 2027</b>	<b>46901</b>	
<b>TOTAL COST 2026/2027</b>		<b>96626</b>	

*Karl-Petter Løken*

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Karl-Petter Løken  
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