



HELP BOLIVIA ANNUAL REPORT 2021

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ABSTRACT

Reporting on 2021 activities supporting children and their families in an impoverished area of Bolivia to improve their health and well-being and to change the cycle of poverty over the long term. Also includes details on fund raising events and social media activities.

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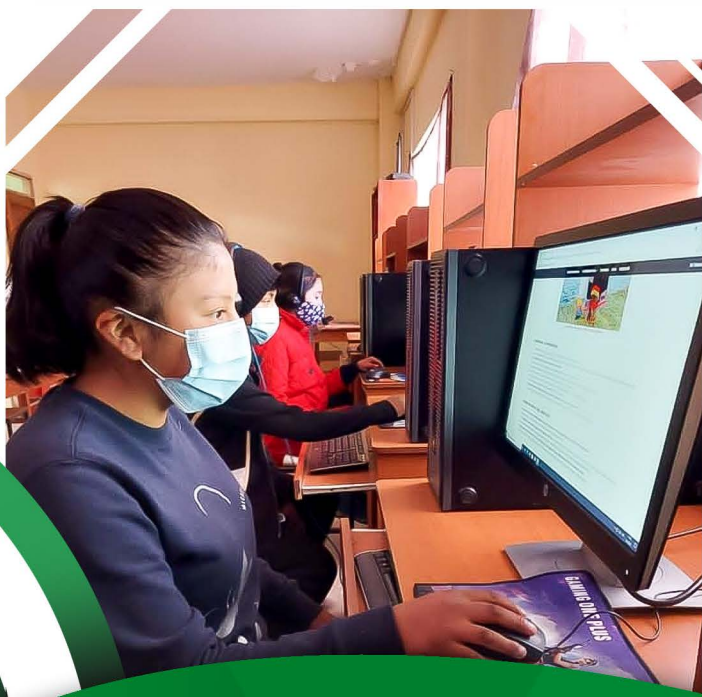
PRESIDENT'S NOTE



For the 2021 reporting year for Help Bolivia Foundation, both operations in El Alto, Bolivia as well as activities and fund raising in Canada and around the world emerged from the pandemic with a semblance of normalcy. I'm not saying that we have in any way returned to the way things were in 2019.

There are signs that activities while different, are no longer being considered temporary to deal with the pandemic. We saw positive signs that HBF operations both at home and in Bolivia are adapting to what will become the norm going forward.

For 2021, HBF activities benefited 601 Bolivians; with 64 children enrolled in the program were direct beneficiaries every week at the community centre in Tahuantinsuyo. Approximately 540 children and adults in the community were indirect beneficiaries of operations at the community centre and special programs provided by Help Bolivia in the community. As importantly, we also saw an increase in the number of individual donors as well as a 12% increase in the number of monthly donors which is vital for our sustained operations and planning. What began as initiatives to enable virtual learning during the pandemic, expanded during 2021 with additional tablets and a computer lab being established. With targeted donation fundraisers and a grant from the Fig Tree Foundation, HBF built a computer lab with improved Internet access for computers and tablets connected with 6 new desktop computers and a total of 33 tablets. This allowed the children to participate in both online classes and provided access to educational resources. In addition to the computer lab, HBF was delighted to be able to establish the skills training room for mothers and older children in the community.



The skills training room contains a number of sewing machines and benches for training and entrepreneurial training. We were able to offer two skills training workshops at the centre in 2021. These were offered to both mothers and older children from the community. Carol's Sewing Room will be named in honor of the late wife of Paul DuBeau who passed away late in 2019. We are grateful to Paul and other supporters of the skills training programs that enabled HBF to establish this sewing room that will operate at the centre. Training the mothers in the community and providing hope to develop new entrepreneurial skills is a fitting and enduring legacy for Carol.

**"EDUCATION IS THE MOST POWERFUL WEAPON
WE CAN USE TO CHANGE THE WORLD" - NELSON MANDELA**

PRESIDENT'S NOTE



This reporting year, we also began working on much needed repairs to the Community Centre building infrastructure. For years there has been a history of water leaks from the roof from rain that caused damage to the walls and lower levels in the building. In 2021, we set about fixing the roof. Our in-country partner Sariry Foundation obtained quotes and coordinated contractors for repairs to the roof as well as increased the security to the building itself. With the computer lab and Carol's Sewing Room, there was an increased risk of theft at the centre. Sariry had already experienced a theft of equipment at another community project Sariry operates in El Alto. The Tahuantinsuyo community centre building now has a higher perimeter wall and re-enforced front gate which should help prevent theft.



PRESIDENT'S NOTE

Through a partnership with Bolivian non-profit Helping Hands, a high school graduate of Tahuantinsuyo went on to study at university in 2021, the first graduate from the community to do so!

From inception, Help Bolivia Foundation has been trying to break the cycle of poverty in a community. In a country and world with so many in need, it is often easy to get overwhelmed and avoid helping those in need as it is not clear how a difference will be made. Help Bolivia Foundation continues to focus on the Starfish Parable. Whether it was the first student from a community who was able to go off to university,



the children who attend the daily nutritional, educational and psychological support, the children who could make use of a new computer resource centre or the mothers and children who attended the skills workshops in Carol's Sewing Room. Over 600 children and community members from a community in Bolivia had their lives influenced by the activities of Help Bolivia Foundation and their supporters in 2021. While there is still much more work to do, Help Bolivia Foundation and supporters made a difference and sometimes that is all we can ever hope to achieve

HISTORY OF HELP BOLIVIA FOUNDATION

Help Bolivia Foundation (HBF) was founded by Matt and Lydia Hill following a trip to Bolivia in March 2018. Recognizing the immense needs of the Bolivian people living in extreme poverty, particularly the children, HBF was created to alleviate this poverty by providing programs that support the nutritional and educational needs of underprivileged children, as well as skills training programs for underprivileged women and youth. It was recognized that by supporting the children's education and providing skills Training to the parents, the cycle of poverty could be broken. The foundation was incorporated in Alberta, Canada on May 22, 2018, and received Canadian charitable status on June 4 th , 2019 - CRA #71315 5513 RR0001.

In July 2018 HBF started a nutrition program for 40 children attending educational support programs at the Tahuantinsuyo Community Centre. The kitchen was renovated, a cook was hired, tables, benches and eating/cooking utensils were purchased, and attendance increased by 30% the first week the hot lunches were offered. In 2019 HBF hired a third educator and expanded the program to 50 children. In 2020 the program expanded to 64 children, and then the programming had to pivot to deal with the COVID-19 pandemic. The Centre shut down on March 12 th , 2020 and the hot lunch program turned into a once-a-month food bundle for the (now unemployed) families to pick up. Tablets and SIM cards were purchased for the families who did not have smart phones so that the children could continue to communicate with the educators. School was cancelled completely in Bolivia for 2020. In 2021 the Bolivian government ordered school to be online. HBF responded by purchasing more tablets and building a computer lab at the Centre so that the children could access their online classes. By mid 2021 children were back in school part time, and the lunch program started up at the Centre. HBF is 100% volunteer run. A volunteer Board of Directors oversees the charity, and in 2019 HBF hired a Bolivian, Daniel Orgaz, to oversee the programs in Bolivia. HBF works with a trusted in-country partner, the Sariry Foundation, to administer our programs at the Tahuantinsuyo Community Centre where in 2021 64 children receive support.

"The impact that my sons will have is that in the Centre they motivate them to continue studying to have a better future than me."

– Petrona, mother of 2 boys at the Centre

BOARD OF DIRECTORS

Help Bolivia Foundation is governed by a volunteer Board of Directors from across Canada that bring a variety of passion for the project, skills and experience and to the table, including charity law, project management, volunteering, finance, fundraising, education, Board governance, social media, networking, strategic planning, communication, budgeting, and record keeping. Four Directors have been to the project in Bolivia, and 2 more plan to go in the future.

In 2021 the Board of Directors held meetings in January, February, April, July, September and December.

All meetings were held by teleconference (Zoom).

Help Bolivia Foundation Board of Directors as of Q2 2021

Matt Hill, President



Matt is a Founder and the President of HELP Bolivia Foundation, and has many years of project management experience and a passion for landscape photography. While raising three children with Lydia, he volunteered with 1st Airdrie Beaver Scouts, coached in the local children's soccer league, and helped the local food bank. A trip to Bolivia in 2018 sparked a passion to do something for the children and families of El Alto to help them realize their potential and overcome challenges they face in Bolivia today

Henry Wiens CPA/CGA, Treasurer



Henry was born in Paraguay and is interested in helping South Americans. He has experience with international charities, and has been an accountant for over 15 years. Henry joined the Board in 2020 and plans to visit the project in Bolivia in the near future.

BOARD OF DIRECTORS

Lydia Hill, Secretary



Lydia is a Founder and the Secretary of HELP Bolivia Foundation. She has been involved in charity work and non-profits since 1997, has sat on several charity boards helping children in developing nations, and was an active volunteer with UNICEF for 15 years. Lydia's interest in Bolivia started with a research paper about Bolivia in the late 1990s. Soon after she and Matt began sponsoring Bolivian children, and helping Bolivian women entrepreneurs with micro loans. Lydia works in the specialized area of Aboriginal law on behalf of First Nations, and is very familiar with the social issues that are found in marginalized communities.

Bob Laws, Vice President



Bob is a writer, photographer, and blogger who volunteers as a writing mentor for developmentally challenged adults as part of the Long Table Creative, gives travel presentations to Senior's homes, and also volunteers at events for the Alberta Children's Hospital Foundation, often as a photographer. He has experience on the boards of non-profit and charitable organizations including the Alexandra Writers. But, he's keen to be involved outside of Canada and is excited about the opportunity HELP Bolivia offers to children in need. Bob has been on the Board of Directors since inception in 2018, and plans to visit the project in the near future.

BOARD OF DIRECTORS

Kristy Rouleau, Director



Kristy joined the Board of Directors following a trip to Bolivia in 2020 with Matt and Lydia. Born in England and raised in Canada, Kristy knew she was privileged right from the start. When she heard about the creation of Help Bolivia, she immediately became a monthly donor, and jumped at the chance to visit the project in El Alto in 2020. She saw first hand the impact her donation and Help Bolivia were making, and the children found a place in her heart. Kristy is determined to help the children in El Alto thrive, and is excited and honoured to be on the Board.

Paul DuBeau, Director



Paul joined the Board of Directors following a trip to Bolivia in 2020 with Matt and Lydia. When he saw the project first hand and the need in the community, he knew he wanted to be a part of this. Paul sponsored the sewing machines for the sewing skills program in honour of his late wife Carol. Paul intends to spend extended time in Bolivia and will oversee the projects we develop as we grow.

BOARD OF DIRECTORS

Sabrina Niesman, Director



Sabrina is an educator who feels strongly that all children, regardless of background or ability, deserve the right to a quality education. Previously, she has worked with refugees, helping to resettle them and provide access to post-secondary education. She is excited to be involved with HELP Bolivia because she knows that this organization is making a direct impact in the lives of the kids who need it the most. Sabrina began volunteering with HELP Bolivia Foundation in February 2019 and joined the Board 7 months later.

EMPLOYEE

Help Bolivia Foundation has one part time employee in Bolivia, Daniel Orgaz. Daniel administers and implements Help Bolivia Foundation's programs at the Tahuantinsuyo Community Centre. Daniel has been involved in non profit work for many years, and is pleased to offer his expertise to Help Bolivia Foundation. Help Bolivia Foundation hired Daniel in March 2019.

IN-COUNTRY PARTNER

Help Bolivia Foundation partners with the Bolivian non profit Fundación Sariry to run the programs at the Tahuantinsuyo Community Centre. Fundación Sariry was officially incorporated in 2007 by Bolivians Elisa Aguilar, Vierca Mejia and Eliana Martinez to address the needs of the community of Tilata, mainly children and adolescents from families of rural migrants who were in situations of discrimination and marginalization because of their ethnic culture and because of poverty. In 2016 Fundación Sariry began to administer a small education support program at the Tahuantinsuyo Community Centre.

VOLUNTEERS

HBF is 100% volunteer driven, with a volunteer Board of Directors and a volunteer base from around the world, including coast to coast in Canada, the U.S., Spain, Ghana, and Jamaica that assist with social media, graphic design, fundraising, grant writing, international development, merchandise design, special events, and more.

100% MODEL

Help Bolivia Foundation operates under the 100% Model. 100% of donations are applied to the programs in Bolivia. All administration expenses for 2021 were again covered by Founders Matt and Lydia Hill.

OVERSIGHT

Directors typically visit the project annually to oversee the project, develop relationships with potential partners, attend meetings, take photos for newsletters and fundraising appeals, and a variety of other tasks associated with managing a charity. Travel expenses are paid personally by the directors traveling, and not from Foundation funds. Due to the COVID-19 pandemic no Director travel to Bolivia took place in 2021. Director travel to Bolivia is planned for mid 2022.

2021 - A YEAR IN REVIEW

1. Despite the setback of the COVID-19 pandemic, the nutrition program and educational support carried on and benefited 601 Bolivians; 64 children (ages 3-18) enrolled in the program were direct beneficiaries, and 540 children and adults in the community were indirect beneficiaries.
2. The educational support program benefited 64 children ages 3-18 enrolled in the program.
3. 34 impoverished families benefit by having Help Bolivia provide nutrition to their children in the program, which relieves their family budget.
4. The first skills training program began after a delay due to the COVID-19 pandemic. The sewing skills program held 2 sessions, one for mothers and one for youth. The first assignment was to sew themselves personal protection equipment. We will continue to grow our skills training programs as a way to provide more opportunities for parents and youth to gain employment.
5. Through donations and grants we built a computer lab that includes boosted wifi, 33 tablets and 6 desk top computers, allowing the children to participate in online classes.
6. We began working on repairs to the Community Centre, starting with fixing the roof that had cracks allowing rain water in that damaged ceilings and walls.
7. In 2021 our volunteer base grew from 8 to almost 30, with 21 joining the ranks from several countries.
8. Throughout the year we continued with updates to our donors through our monthly newsletter, our website <https://helpbolivia.org>, Instagram, Twitter, LinkedIn and Facebook accounts, which saw our audience grow.
9. Through a partnership with Bolivian non profit Helping Hands, a high school graduate of Tahuantinsuyo went on to study at university, the first graduate to do so.

OPERATIONAL SUMMARY

Since incorporating as a charity following a trip to Bolivia in March 2018, there has been increasing financial support from a network of donors from across Canada and around the world that want to help the children and families in Bolivia. In 2021, the Help Bolivia Lunch Buddy program continued to grow with a total of 63 individual donors donating \$2,055 per month by the end of the reporting year. This program has been very successful with a continued increase in monthly subscriber donations as seen in Figure 1 - Growth in Monthly Donations to HBF

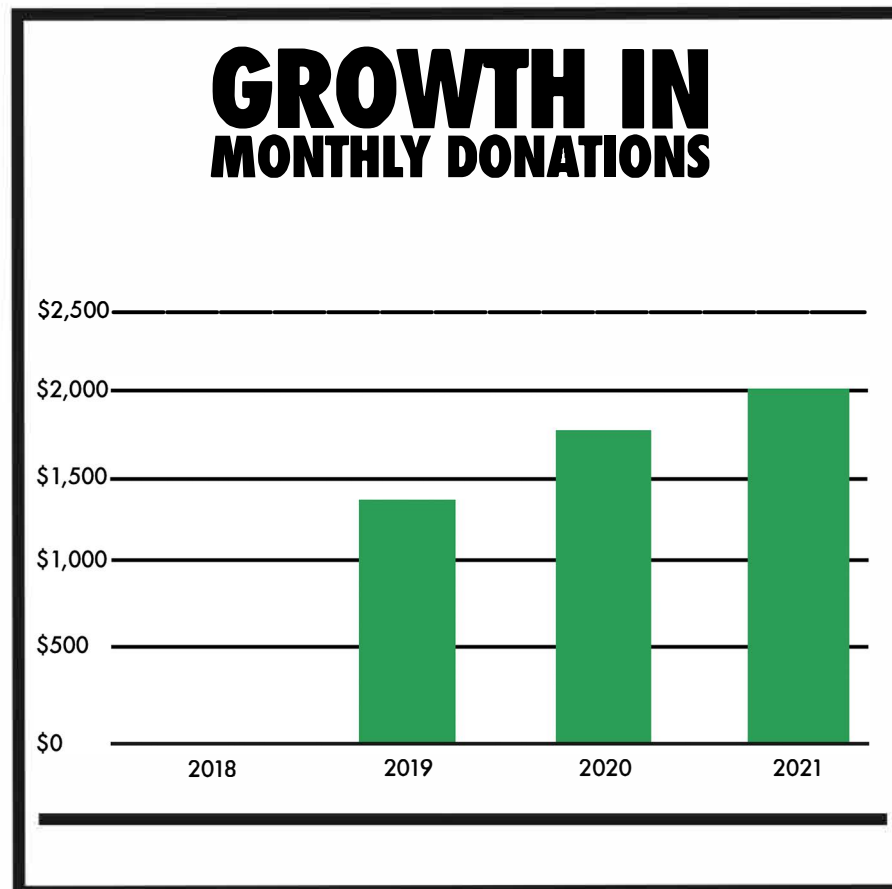


Figure 1 - Growth in Monthly Donations

For the 2021 reporting period, Help Bolivia had an operating budget of \$59,161 CAD that supported the program funding in Bolivia of \$54,553 CAD as well as fund-raising in Canada. The operating budget for fund-raising costs in Canada were \$4,608 CAD.

OPERATIONAL SUMMARY

Details on the breakdown of the budget and operating costs are available upon request. A 2021 financial report was prepared by the Help Bolivia Treasurer who is a CA/CPA. The financial report was reviewed and audited independently by Help Bolivia board members.

Details on the 2021 financial report is available upon request.

Expanding the donor base including monthly Lunch Buddy subscribers, as well as one-time donors, was a priority for the 2021 reporting period. For the 2021 reporting year, the individual donor base grew from 264 individual donors at end of year 2020 to 410 at end of year 2021 as seen in Figure 2 - Growth in Unique Donors to HBF

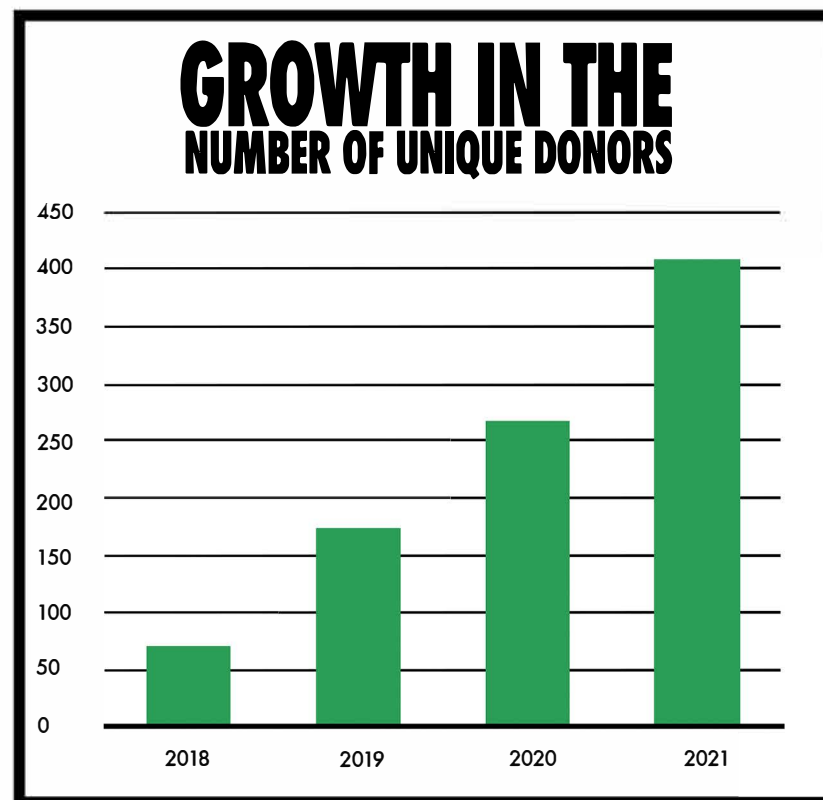


Figure 2 - Growth in Unique Donors

PLAN GOING FORWARD

Help Bolivia Foundation will continue vocational technical training programs in 2022 with the sewing program. Additional technical/vocational training programs to be brought in over the next few years include hairdressing, construction, driving, and electrical installation. Help Bolivia Foundation will work closely with the Sariry Foundation in Bolivia to determine which programs are a priority for the community.

Help Bolivia Foundation plans to expand the number of children supported at the Centre to 70. There are families on the waiting list, and there is no shortage of need in the community.

In the next five years, as our donor and grant funding base grow, Help Bolivia Foundation plans to replicate the programs at the Tahuantinsuyo Community Centre in other areas of need in El Alto. Until the Bolivian Government is able to provide the support these migrant families need, Help Bolivia Foundation will be there for them.

"The programs are important because it helps my family with food and support in my tasks. The programs support my brother as well and we do all our homework at the centre. After doing our homework we play with the toys which is fun!" – Erick, student at Tahuantinsuyo

2021 FINANCIAL REPORT

Help Bolivia Foundation
COMPARATIVE FINANCIAL STATEMENTS
For the year Ending December 31, 2021

BALANCE SHEET

	2021	2020	Increase/ decrease
CURRENT ASSETS			
CASH			
Chequing Account	\$ 8,403.43	\$ 5,701.50	\$ 2,701.93
PayPal Account	\$ 747.59	\$ 188.28	\$ 559.31
Total Cash On Hand	\$ 9,151.02	\$ 5,889.78	\$ 3,261.24
RECEIVABLES			
Global Giving	\$ 1,284.51	\$ 3,149.25	-\$ 1,864.74
Benevity	\$ 1,231.21	\$ 1,399.25	-\$ 168.04
Canada Helps	\$ 159.11		
Other Receivables	\$ 182.06		\$ 182.06
Total Receivables	\$ 2,856.89	\$ 4,548.50	-\$ 1,691.61
TOTAL ASSETS	<u>\$ 12,007.91</u>	<u>\$ 10,438.28</u>	<u>\$ 1,569.63</u>
LIABILITIES			
Advances by board Members	\$ 23,837.49	\$ 25,092.09	-\$ 1,254.60
NET ASSETS			
Unrestricted Funds	-\$ 11,829.58	-\$ 14,653.81	\$ 2,824.23
Total liabilities and Unrestricted funds	<u>\$ 12,007.91</u>	<u>\$ 10,438.28</u>	<u>\$ 1,569.63</u>

STATEMENT OF ACTIVITIES

RECEIPTS			
Benevity	\$ 10,617.97	\$ 7,926.47	\$ 2,691.50
Canada Helps	\$ 18,778.72	\$ 4,730.14	\$ 14,048.58
Global Giving	\$ 9,943.40	\$ 21,086.19	-\$ 11,142.79
Other non-receipted gifts	\$ 370.06	\$ 1,395.00	-\$ 1,024.94
Grants	\$ 11,753.96	\$ 11,753.96	\$ -
Tax Receipted Receipts	\$ 25,361.87	\$ 32,327.81	-\$ 6,965.94
Fund Raising Receipts	\$ 14,162.60	\$ 6,261.91	\$ 7,900.69
Grants			\$ -
TOTAL RECEIPTS	<u>\$ 90,988.58</u>	<u>\$ 73,727.52</u>	<u>\$ 17,261.06</u>
EXPENDITURES			
Bank service charges	1983.53	\$ 1,462.14	\$ 521.39
Loss on Foreign exchange			\$ -
Business Licenses and Permits	\$ 60.00	\$ 60.00	\$ -
Event Expenses		\$ 450.00	-\$ 450.00
Fundraising expenses	5799.78	\$ 2,967.61	\$ 2,832.17
Administration & Office Supplies	1644.26	\$ 1,782.04	-\$ 137.78
Program Expenditures			\$ -
Saring Foundation	65652.83	\$ 52,929.32	\$ 12,723.51
To Daniel through EPABOL	6340.19	\$ 2,690.45	\$ 3,649.74
Admin Fees		\$ 338.21	-\$ 338.21
Tables	2901.42	\$ 4,374.70	-\$ 1,473.28
Sewing programs	2194.68	\$ 2,836.80	-\$ 642.12
Other expenditures	1587.66	\$ 1,070.00	\$ 517.66
Total Program Expenditures	<u>\$ 78,676.78</u>	<u>\$ 64,239.48</u>	<u>\$ 14,437.30</u>
TOTAL EXPENDITURES	<u>\$ 88,164.35</u>	<u>\$ 70,961.27</u>	<u>\$ 17,203.08</u>
Excess of Donations over Expenditures	\$ 2,824.23	\$ 2,766.25	\$ 57.98
Beginning Unrestricted Funds	-\$ 14,653.81	-\$ 17,420.06	\$ 2,766.25
Ending Unrestricted Funds	<u>-\$ 11,829.58</u>	<u>-\$ 14,653.81</u>	<u>\$ 2,824.23</u>

"With the help of a feeding program that was graciously sponsored by missionaries in Guatemala my single mother had less to worry about each day" - Victor

BOLIVIA

THE CHALLENGE

EDUCATION

The Bolivian education system struggles to meet the needs of a predominately young population due to the substandard quality and underfunding that would allow local actors to make improvements. A lack of infrastructure and educational resources have led to a half-day system that allows for a single building to service double the population. This acts to reduce the quality of education and rates of achievement for at-risk youth. Although most children attend primary school, the majority of these children do not continue to secondary school and, many of those who do, drop-out before graduation. Barriers to completing education include pregnancy, domestic work, joining the labor market, and a lack of economic resources. The average age at which a child leaves school is 14 years old.

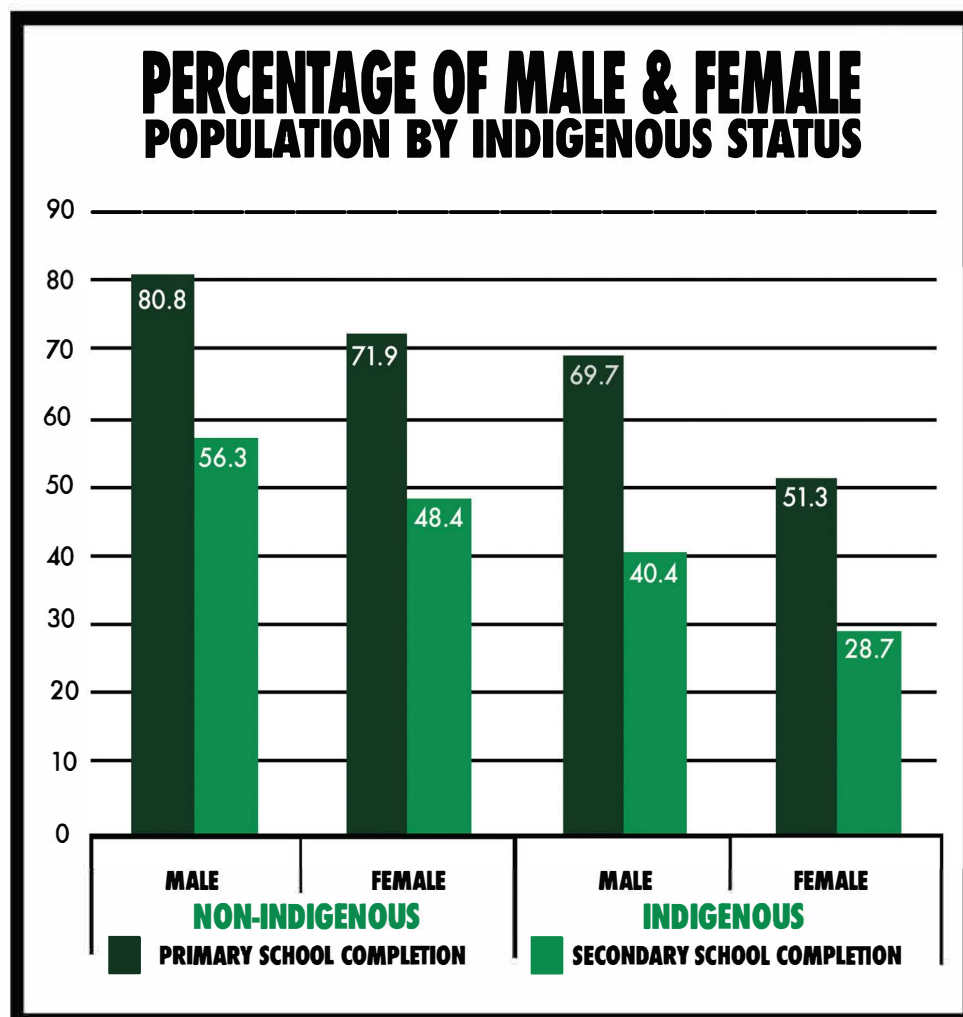


Figure 3 - Completion rates in urban Bolivia

© International Bank for Reconstruction and Development, 2015

"The centre has helped me to get my children get ahead because I only studied until first grade and I did not have the opportunity to continue studying and I can not help my children in their homework."
 – Mariela, mother of children aged 7 to 12

INDIGENOUS IDENTITY

Bolivia's cultural identity is strongly shaped by the 88% of the population who identify as indigenous, with most identifying as Mestizo (analogous to Métis), Quechua, and Aymara. Despite the enduring effects of colonization, these groups remain resilient amid the obstacles they continue to encounter. The largest obstacles are the loss of identity, language, and cultural traditions. As well, discrimination continues to deter their economic and social advancement. As a result, indigenous people are disproportionately affected across all dimensions of inequality

Percentage of women who have felt discriminated against on the basis of:

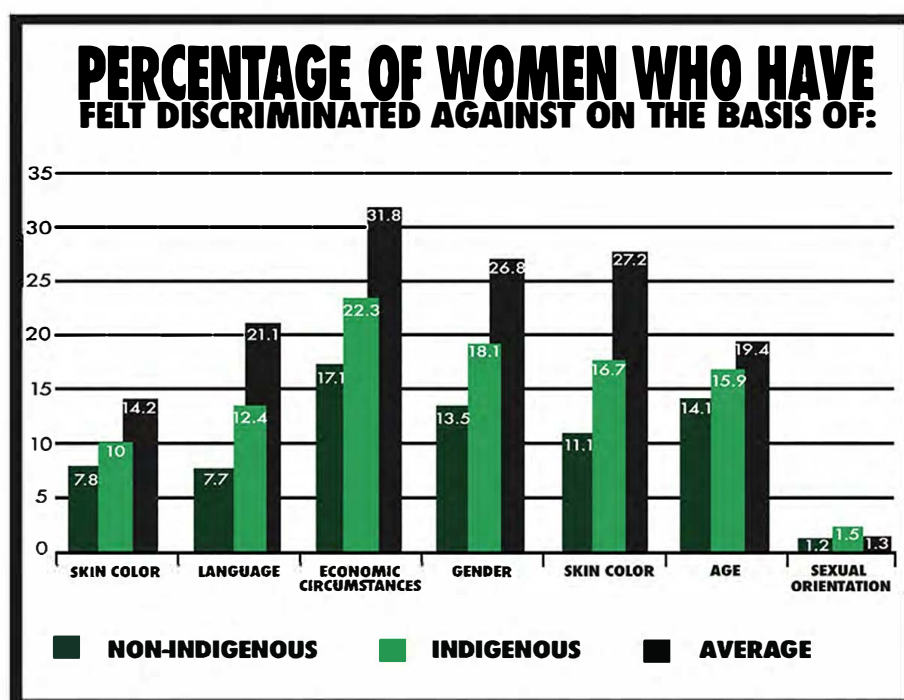


Figure 4 - Discrimination

© International Bank for Reconstruction and Development, 2015



While all indigenous groups experience similar challenges, not all groups do so to the same extent. According to the International Bank for Reconstruction and Development (2015):

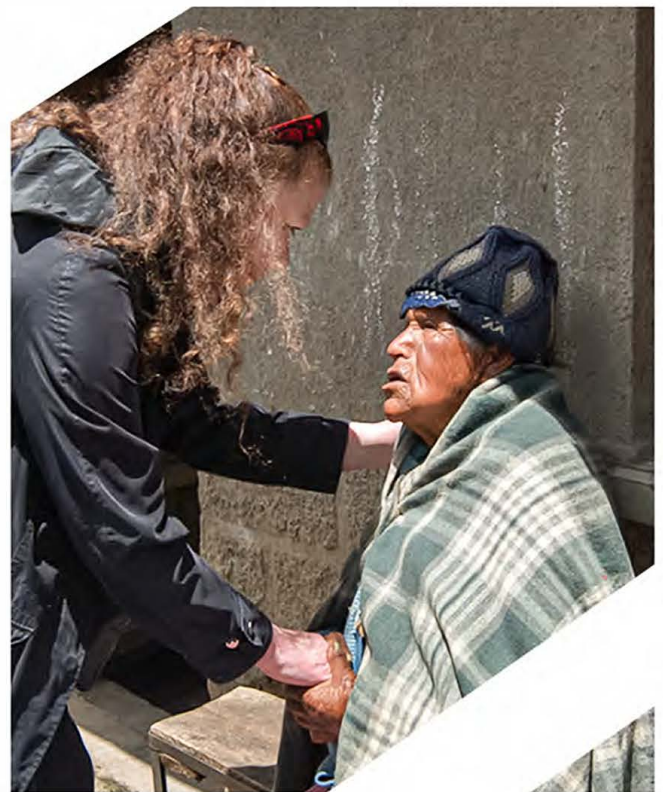
There are significant differences in the size of the gender education gap across different indigenous groups and age cohorts. The 2012 Census shows that the Aymara population has the largest gender gap in literacy, primary school completion, and secondary school completion.

EXTREME POVERTY AND MALNUTRITION

Despite Bolivia being one of the world's leading producers of highly nutritious quinoa and soybeans, the average Bolivian family cannot afford access to adequate nutrition. This is reflected in a multitude of domains: 16% of Bolivian children show stunted growth from malnutrition, possess the highest rates of infant and maternal mortality in South America, and only rank 165 th in life expectancy compared to other nations. The underlying cause is extreme poverty, with nearly 40% of Bolivians earning below the extreme poverty line of \$2/day.

VIOLENCE AGAINST WOMEN AND CHILDREN

Violence is a pervasive threat to women and children in Bolivia. Almost 60% of women and girls will experience physical or sexual violence in their lifetime and 19.4% of children will undergo child marriage. The high rate of violence against women is sustained, in part, due to the beliefs and values that constitute the machismo culture. The machismo culture disempowers women's control over their lives and reduces their value, in their home and community, making them dependent on men and subject to violence. With most of this violence occurring within the home, domestic violence and femicide are key issues for Bolivian women and children.



RURAL MIGRATION TO THE SPRAWLING CITY OF EL ALTO

The City of El Alto, the second-largest city in Bolivia, is Bolivia's fastest growing city, with migrants moving in from the countryside for better economic opportunities. Situated adjacent to La Paz, El Alto is the highest city in the world, and hosts the highest international airport at 4,100 meters above sea level. Founded in 1903 by the railway, with a population of 11,000 by the 1950s, El Alto reached City status in 1987. The majority (76%) of the citizens are Aymara, and it is expected that the population will be at or over 1 million at the next census, well over the population of La Paz.

Help Bolivia Foundation is currently working in the Tahuantinsuyo Community Centre, located in the Tahuantinsuyo neighbourhood within District 5. In this gritty and impoverished neighbourhood, children are at risk of gangs and abuse. Our programs support families who migrated to the city to give their children a better life; most are illiterate, having received little education themselves.



RURAL MIGRATION TO THE SPRAWLING CITY OF EL ALTO

Our families live in small one or two room homes, in gated compounds, paying rent equivalent to \$45- \$75 CAD per month. Many are single parents due to death, abandonment, or separation resulting from violence within the family. Most parents have a basic level of education (primary school and possibly some secondary/high school).

Employment for families includes; driving, part-time retail, ad-hoc construction and home workers. Some parents will also sell produce and goods on the street or in a community market. Teenagers are often called upon to help with care of younger siblings or to supplement income by doing jobs outside the home.

Due to the work activities and their basic level of education, parents are unable to support their children with school work. This leads to children developing poor study habits and learning difficulties in basic arithmetic, literacy, spelling, language as well as behavioral issues (rebelliousness, aggression, low self-esteem).

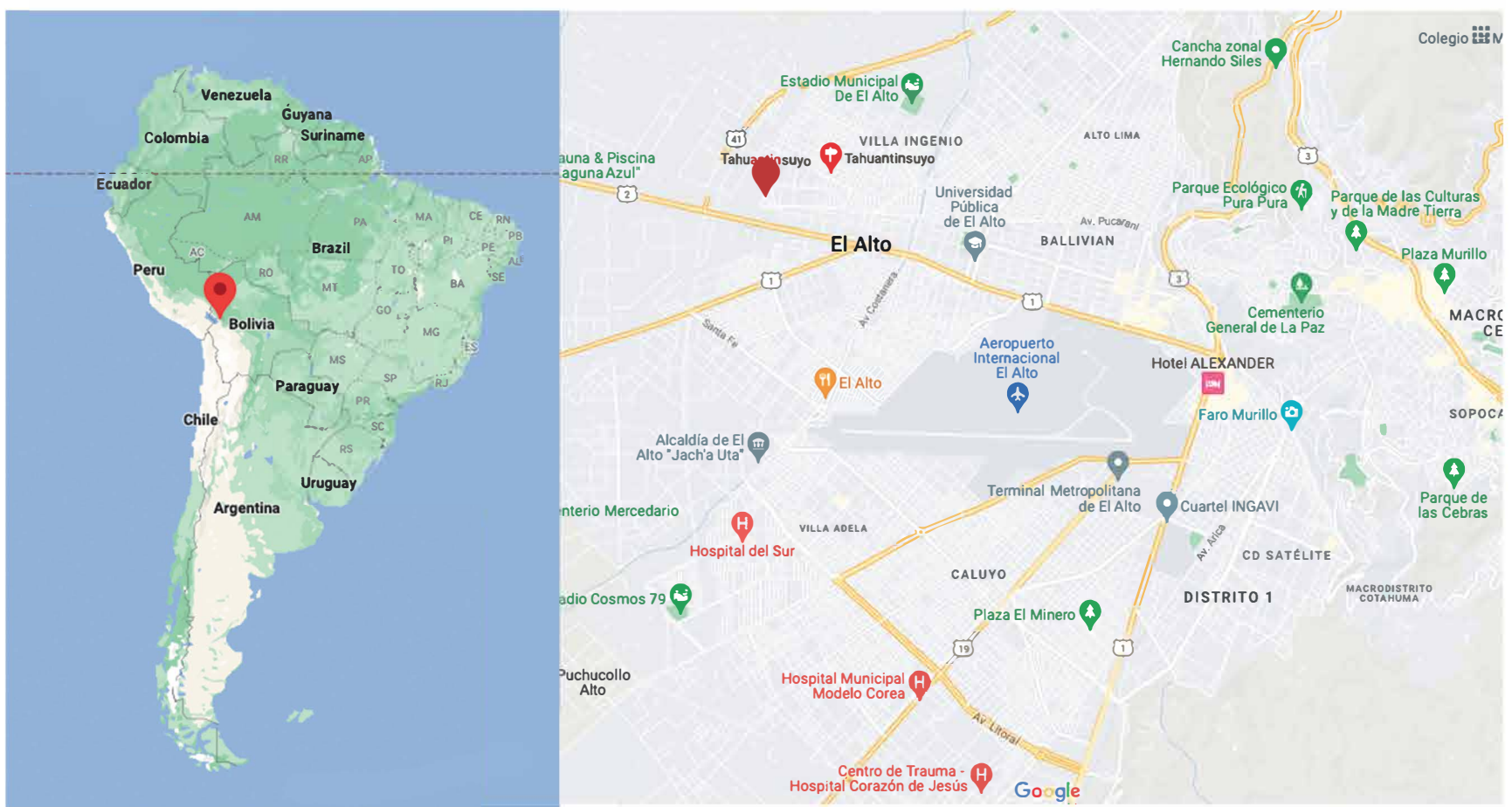


Figure 5 - Bolivia and Community Centre Location

SOLUTION

Help Bolivia Foundation's Objective is to relieve poverty in Bolivia by providing programs that deliver education, counseling and nutrition to underprivileged children as well as skills training to underprivileged women and youth. Help Bolivia is currently targeting change in the community of Tahuantinsuyo, El Alto. Our programs are run through the Tahuantinsuyo Community Centre.

Our vision is to drive change in communities by having children stay in school longer, with increased numbers going to post secondary school and being able to overcome limitations and challenges within their communities such as poverty, child abuse/sexual abuse, child abandonment and learning disabilities. The Tahuantinsuyo Community Centre supports vulnerable Aymara and Quechua families living in extreme poverty by offering nutritional and educational programming and psychological support. We also conduct training sessions on the prevention of sexual and gender-based violence (SGBV) and domestic violence among our beneficiaries. We offer support to victims of SGBV through counseling sessions.

The Tahuantinsuyo Community Centre is in a rough part of El Alto, the rapidly growing city on the outskirts of La Paz. The families referred to the Tahuantinsuyo Community Centre have additional stress in their lives: they may have malnourished children, children with learning disabilities, or they may be victims of abandonment or abuse. Many come from single parent households, or are living with domestic violence. Community leaders and the local school identify which families will benefit most from the Centre.

"For me the center is important because me and my little brothers can come to do our homework, because the teachers have taught us to read and write, do summation exercises, multiplication, we can receive healthy food and they teach us to share and take care of our mother.."

– Melany, 12 years

NUTRITION PROGRAM



The Issue: Malnutrition and hunger are factors in how well a child succeeds in school. Many children in Bolivia suffer from malnutrition and hunger, and have difficulties learning because of this. Families that are poor are not able to provide the proper nutrition growing children need.



Solution: To combat hunger and malnutrition, Help Bolivia initiated a nutrition program at the Tahuantinsuyo Community Centre. We hired a cook, renovated the kitchen, brought in tables and benches, worked with nutritionists in Bolivia to develop a menu, and stocked the kitchen with cooking and eating utensils. Children receive nutritious snacks in the morning and afternoon, and at lunch time they receive a nutritious hot soup starter and a nutritious main plate.

EDUCATION PROGRAM

The Issue: Children in Bolivia attend school only half-a-day. Often, parents are unable to help children with homework, as in many cases they have little education themselves. There are few if any resources for children who have learning disabilities. Children living in situations of high stress (extreme poverty, abuse, abandonment) require support to learn coping mechanisms, and how to protect themselves.



Solution: Help Bolivia is addressing the need for educational support by running a program to address the needs of children with learning disabilities, with on-site educators to provide supplemental educational support to children who will not have support at home. Help Bolivia pays the salaries of the educators, purchases educational supplies and equipment, and receives regular reports from the team in Bolivia. The education support program includes support to foster academic growth, with learning objectives specific to the chronological age of the child and related to the school grade. This includes academic intervention for children with learning difficulties' support to develop social, psychological and emotional well-being through counseling, and personal development activities. An outreach component to educate children on their rights helps prevent them from becoming victims of violence and/or sexual assault, and is conducted through workshops and presentations at both the community centre and the schools.

PSYCHOLOGICAL PROGRAM

The Issue: Children are referred to the Tahuantinsuyo Community Centre when they are in situations of child abuse, sexual abuse, parental domestic violence, and/or abandonment. These children need psychological counseling services to help cope with these traumas.

Solution: Help Bolivia is addressing this problem by providing regular psychological counseling sessions.



FUND RAISING AND SUSTAINABILITY

Help Bolivia Foundation has a broad and growing donor base with monthly and one-time donations. We have engaged fund-raising platforms including CanadaHelps, Benevity and GlobalGiving to help connect with donors. We continue to have fund-raising activities including galas, online auctions and special events to raise the awareness of the plight of the indigenous children and families in the poorest country in South America. In 2022, Help Bolivia Foundation will pursue corporate investment and government grants, as we believe that diverse funding streams will foster sustainability.



SKILLS TRAINING PROGRAM

The Issue: Many migrants who have moved to El Alto from the countryside do not have the education or skills to gain steady employment, which keeps the families in a cycle of migration, separation and poverty. Women and youth are particularly lacking in education and employable skills, and need training programs to teach them skills to improve their employment opportunities, and help raise them out of poverty.



Solution: Help Bolivia will address the need for skills training by offering workshops and training programs. In 2020 a needs assessment was conducted with a draft proposal for a sewing program that included workshops and training programs to teach skills in entrepreneurship, sewing and knitting. In 2021 the first skills training program began after a delay due to the COVID-19 pandemic. The sewing skills program held 2 sessions, one for mothers and one for youth. The first assignment was to sew themselves personal protection equipment. We will continue to grow our skills training programs as a way to provide more opportunities for parents and youth to gain employment.

Our programs are designed with the following key objectives:

1. Reduce the incidence of malnutrition with the children of the community.
2. Have children stay in school longer. Supporting children with nutritional and educational support helps ensure they are better educated with some children going on to post-secondary schools for vocational training and degree programs. All of these scenarios will lead to improved opportunities to better paying jobs.
3. Reduce the number of drop-outs. Currently in the community, many children leave school to help support their family by working as day labourers or selling items on the streets/markets.
4. Increase the average income in the community by proving educational support to children and vocational training to parents so they can obtain higher paying jobs or create valued items themselves and acquiring needed skills in the community.
5. Reduce the incidence of violence in the home, both spousal abuse and violence against children. By educating children on respecting others as well as providing support to mothers on the availability of services and support mechanisms, we can reduce violence in the community.

LOGIC MODEL

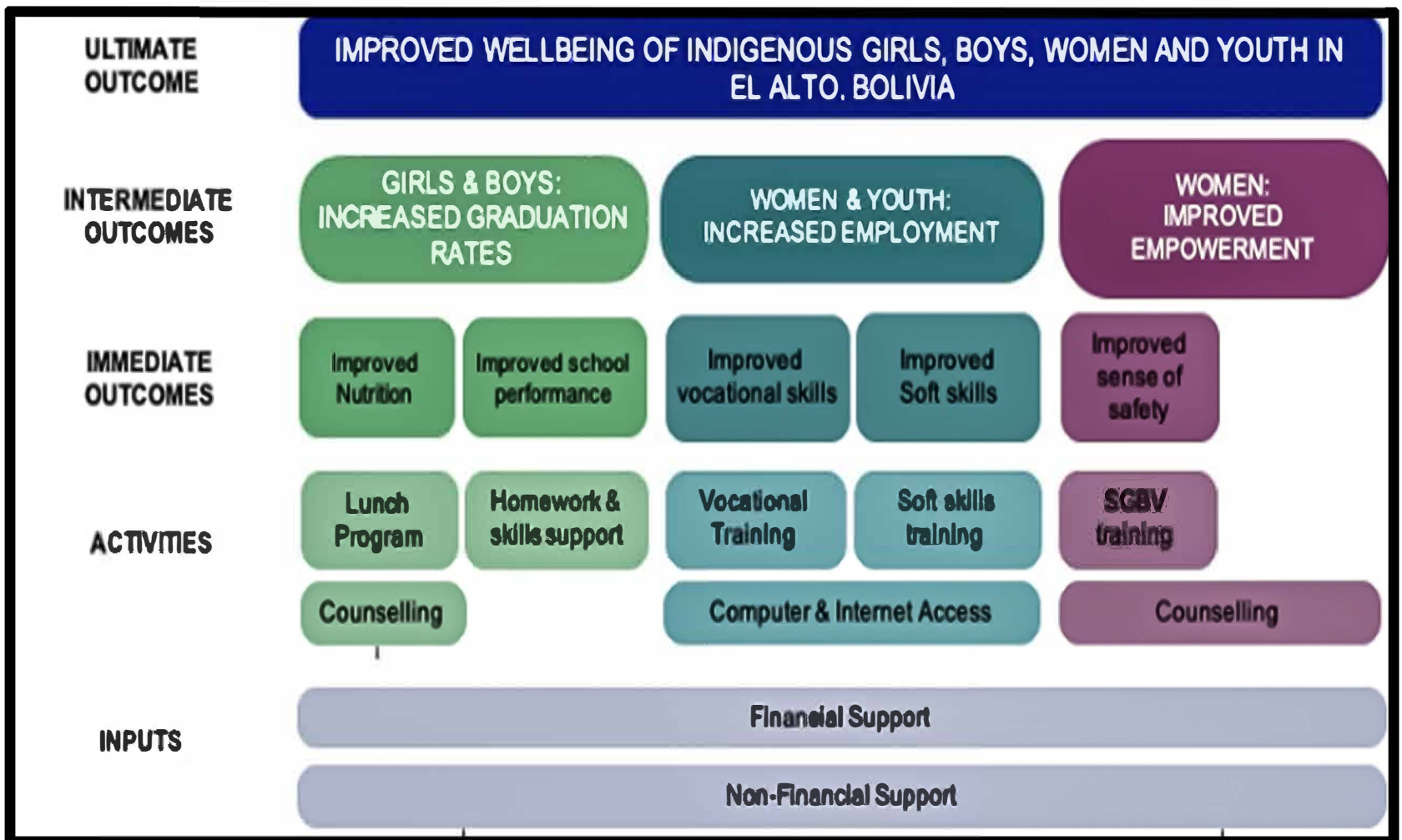


Figure 4 - Help Bolivia Foundation Logic Model

“EDUCATION IS THE MOST POWERFUL WEAPON WE CAN USE TO CHANGE THE WORLD” - NELSON MANDELA

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Maps sourced from Google Maps

