

2021

ANNUAL REPORT



KULCZYK
FOUNDATION



“The world belongs to rebels who have enough courage to jump into the unknown and build wings along the way”.

Jan Kulczyk

Kulczyk Foundation has proven its worth once again. It was another year of us carrying out activities that, bit by bit, changed the world and our immediate surroundings. We were the change. Change which in many places was indispensable and awaited for years.

We brought it about while creating the eighth season of “Domino Effect”. A documentary that, for the first time, was entirely dedicated to women. We went to Europe, Africa, and Latin America. We gave voice to immigrant women forced into prostitution and to victims of ritual genital mutilation.

A number of aid projects are linked to this documentary. In Costa Rica, we supported activities for migrant and refugee women from Nicaragua. In Uganda, we fought against period poverty and lack of knowledge about reproductive health. In Guatemala, we created a safe space for local women and girls.

We established the Periodic Coalition – a union of organisations and experts who deal with the issue of menstruation. We broke taboos, raised awareness, and worked towards full access to sanitary pads and tampons for all those in need. Thanks to us, the topic of period poverty was mentioned in the Polish Parliament for the first time.

We sent almost 1.5 million sanitary pads to nearly 100 schools across Poland. Schoolgirls were given free access to menstrual products for the entire school year. That’s 1.5 million fewer reasons to feel embarrassed; 1.5 million fewer missing pad problems. Hundreds of thousands of girls were made aware of their strength and worth.

We opened an exhibition devoted to period poverty and Central American and Ugandan women who struggle with it. We showed that menstruation is an invisible topic in every culture and in every latitude, including Poland. We brought this topic out into the open and made people aware of it. The photos were seen by tens of thousands of people.

We launched the 6th edition of the Yellow Plate programme – the largest private system for supporting children nutrition. The programme covers more than 15,000 children in nearly 400 locations across Poland. We started developing it towards equality. We showed that the kitchen is a place for boys too.

We published nearly 250 reports, interviews, feature articles, and letters with responses from female experts as part of the “Tenderness & Freedom” campaign. The texts attracted millions of both female and male readers. We talked about our needs, fears, and ideas on how to prepare ourselves and our loved ones for the post-pandemic world.

We focus on empathy and being free to be ourselves. We want a reality where every woman and girl draws from her inner strength and talents. A reality where they’re not afraid to pursue their dreams or fulfil their needs. A reality where they reach for their most important goals without shame or artificial barriers. This is our role and our most important mission.

Dominika Kulczyk

President of the Management Board
Kulczyk Foundation

Mission

We wish for a world in which every woman can draw on her inner strength and talents to realise her dreams and desires, following the path towards freedom, equality and independence.

Vision

The aim of our actions is the creation of a world in which there are no legal, social, environmental and cultural gender-related limitations. We support the freedom of women in three spheres: Awareness, Body and Being. Each woman who fully realises her potential enables progress among all social groups.

Strategy

We tackle discrimination and injustice affecting women and girls around the world. We develop and support sustainable, long-term aid and education programmes to counteract various dimensions and causes of exclusion. Education for open minds free from limiting stereotypes is at the heart of our work.

Course of action

We rely on the principle of the domino effect which consists of interventions that inspire and initiate a sequence of further results. The phenomenon causes the initial contribution of good bringing about an effect many times greater than the initial action.

TEAM

Kulczyk Foundation

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NIP (Tax Identification Number):

7010414847

REGON (NATIONAL BUSINESS REGISTER NUMBER): 147124722

KRS (NATIONAL COURT REGISTER NUMBER): 0000471002

Date of entry into the Register of Associations:
24/07/2013

Date of entry into the Register of Entrepreneurs:
23/06/2015

Foundation Council:

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Joanna Maliszewska-Mazek – Aid Projects Coordinator

Social Projects Department:

Beata Kopyt – Social Projects Director

Educational Projects Department:

Marta Tomaszewska – Educational Projects Director

Anna Samsel – Educational Projects Coordinator

Yellow Plate Programme Department:

Wioleta Szafryna – Yellow Plate Programme Director

Communications Department:

Grzegorz Łaguna – Press Spokesman

Mateusz Roszak – Marketing and ePR Coordinator

Administration Department:

Karolina Dusio – Administrative Director

Agnieszka Szewczyk – Administration Specialist

Zofia Jankowska – Domino Effect's Workshop Assistant

Paweł Szymkowiak – Data Protection Officer

Office of the Management Board:

Dominika Majchrzak – Director of the Office of the President of the Management Board

Map of projects

KULCZYK FOUNDATION

Africa:

1. Benin
2. Chad
3. Eswatini
4. Ethiopia
5. Ghana
6. Kenya
7. Liberia
8. Lesotho
9. Madagascar
10. Malawi
11. Namibia
12. Niger
13. Nigeria
14. Central African Republic
15. Rwanda
16. Senegal
17. Sierra Leone
18. Somalia
19. Sudan
20. South Sudan
21. Tanzania
22. Togo
23. Uganda
24. Zambia

Europe:

25. Bosnia and Herzegovina
26. Greece
27. Georgia
28. Spain
29. Lithuania
30. Poland
31. Romania
32. Serbia
33. Ukraine
34. Italy

Asia:

35. Afghanistan
36. Bangladesh
37. Philippines
38. India
39. Indonesia
40. Iraq
41. Israel
42. Yemen
43. Jordan
44. Cambodia
45. Kyrgyzstan
46. Laos
47. Lebanon
48. Malaysia
49. Nepal
50. Sri Lanka
51. Syria
52. Thailand
53. East Timor
54. Vietnam

North America:

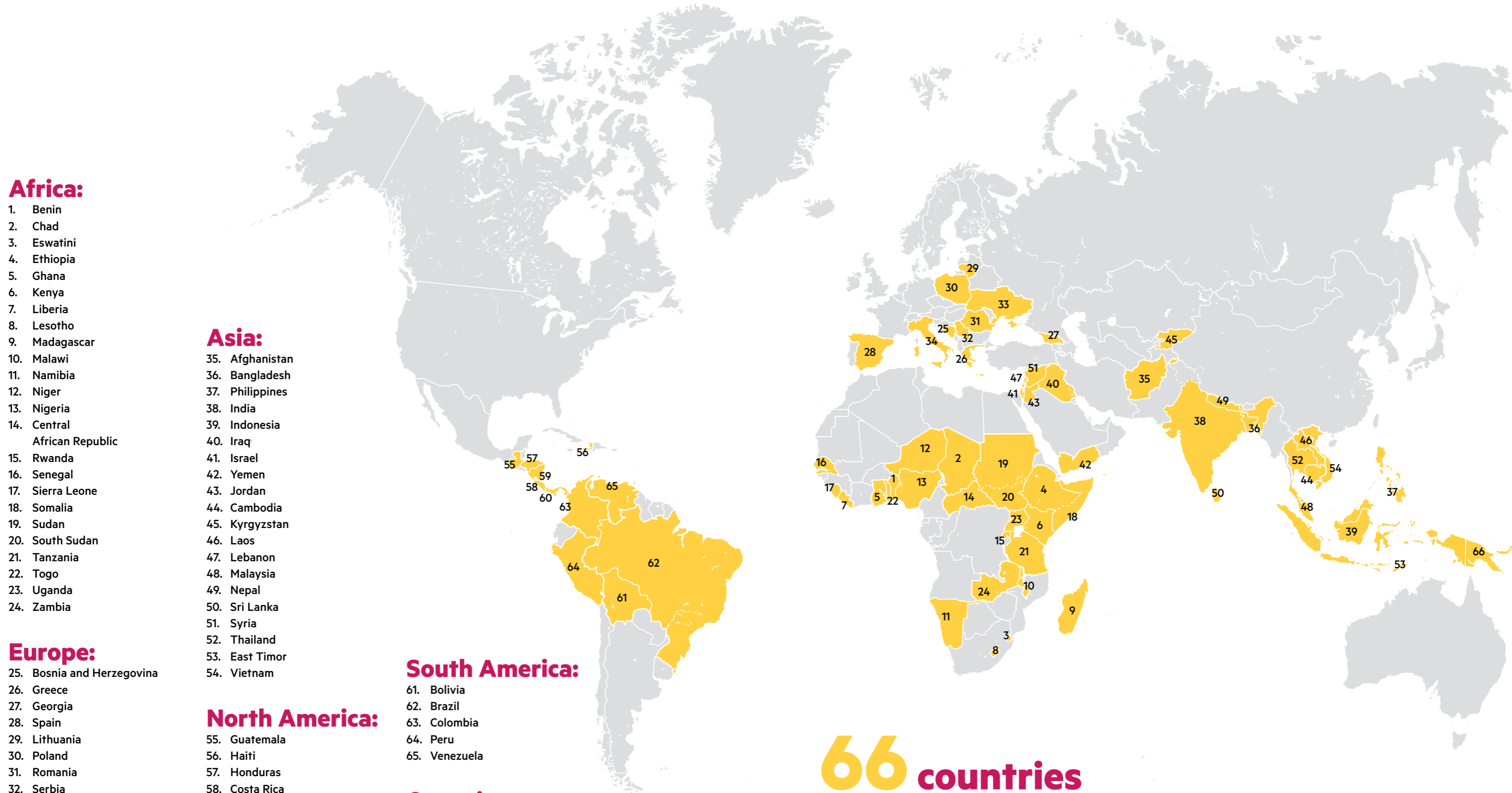
55. Guatemala
56. Haiti
57. Honduras
58. Costa Rica
59. Nikaragua
60. Panama

South America:

61. Bolivia
62. Brazil
63. Colombia
64. Peru
65. Venezuela

Oceania:

66. Papua New Guinea



**66 countries
on 6 continents**

373 facilities covered by the Yellow Plate programme

more than 15,000 children participating in the Yellow Plate programme

more than 8 million meals served since the first edition of the Yellow Plate programme

12,500 cooperating teachers who carry out Kulczyk Foundation lesson plans all over Poland

more than 2,100 teachers in the Kulczyk Foundation educational group on Facebook

5.75 million views of articles under the “Tenderness & Freedom” campaign

96 schools from all over Poland involved in the “Sanitary pads at School for Every Girl” programme

62 produced episodes of the “Domino Effect” documentary series

4 broadcasted documentaries under the “CNN Freedom Project” series produced in cooperation with Kulczyk Foundation

75 organisations from Poland and around the world involved in the production of the “Domino Effect” and “CNN Freedom Project” documentaries

more than 600,000 beneficiaries of international projects carried out in 66 countries on 6 continents

67 projects for women and girls carried out in 23 countries in connection with the “Domino Effect” and “CNN Freedom Project” documentaries

We carry out aid projects every year. We act systemically, supporting local charities all over the world whose experience and knowledge guarantee real, positive change. Providing wise, rational, and thoughtful aid triggers the Domino Effect.



Aid projects

SPAIN



Supporting activities aimed at fighting against the FGM

Save a Girl Save a Generation

FGM (female genital mutilation) is a practice that involves total or partial removal of female external genitalia as well as damage to female genitalia for non-medical reasons. It happens mainly in African countries, but FGM cases are reported worldwide.

FGM is done mostly to pre-adolescent girls between 4 and 8 years of age, has lifelong consequences for them, and, often enough, leads to premature death. Heavy bleeding, menstrual pain, urinary discomfort, infections, cysts, complications at giving birth are just examples of the health problems faced by women who were subjected to FGM. The practice also entails a number of mental consequences.

Female genital mutilation is committed in the name of tradition and culture. Some communities believe that the ritual is necessary for a girl to reach maturity, be able to marry, or remain pure. It is estimated that globally more than 200 million women and girls live with consequences of FGM, of which around 600,000 in Europe alone.

Founded in 2007, Save a Girl Save a Generation fights against the practice of mutilating female genitals, against forced marriages, and any forms of gender-based violence towards women and girls. The organisation is led by two women, Asha and Hayat, a mother and daughter whose lives have been impacted by FGM. Born in Kenya, Asha was circumcised with a knife at the age of five. Her external genitals were completely removed. Her grandmother and mother participated in the practice. This traumatic experience quickly turned into Asha's determination to prevent FGM. When, as a young girl, she was forced into a marriage that resulted in her becoming pregnant and giving birth to a daughter, she did everything she could to save Hayat from circumcision. She emigrated and eventually settled down in Spain where she and Hayat founded Save a Girl Save a Generation.

Asha and Hayat have been defending the rights of women and girls in Spain and Kenya for many years. In Spain, they work mainly with migrant and refugee women from Africa, supporting them in their integration process and protecting their rights. Save a Girl Save a Generation creates a safe space for them in which they can develop. For example, it organises Spanish lessons, vocational and art courses, reproductive and sexual health classes, while spreading awareness about FGM prevention and rights that women in Spain have, supporting them in handling official matters. Moreover, Save a Girl Save a Generation cooperates with professional groups that take care of communities of African origin on a daily basis (doctors, nurses, teachers, social workers, police officers) and organises training courses for them.

Kulczyk Foundation supports the activities of Save a Girl Save a Generation in both Spain and Kenya. The Foundation is a partner in the CHAIN project in Spain, co-financed by the European Union. The project aims to strengthen prevention as well as protection of and support for victims of two forms of gender-based violence: female genital mutilation and early/forced marriages. It includes a great number of awareness-raising campaigns and training courses targeting girls at risk, members of communities that use any of those practices as well as European institutions and entities that conduct prevention activities.

In Kenya, Kulczyk Foundation supports a training programme in five counties. Under the project, members of communities that practise FGM and forced marriages are taught to become trainers who will then raise awareness in their communities and among various professional groups about FGM and other forms of gender-based violence, becoming local leaders in the fight against those practices.

BOSNIA AND HERZEGOVINA



Support for an organisation that helps to recover from trauma

Snaga žene

Bosnia and Herzegovina is a country where a civil war raged from 1992 to 1995. It is considered to be the bloodiest conflict in Europe after World War II. Between 12 and 16 July 1995, Bosnian Serbs committed genocide against the Muslim community of Srebrenica. 8,372 men and boys were killed. The trauma of those events and the resulting post-traumatic stress disorder is still something the inhabitants of this country have to struggle with every day.

The non-governmental organisation Snaga žene (Women's Strength) was founded in 1999 in Tuzla. It operates at the Ježevac and Višća refugee settlements as well as in the eastern part of Republika Srpska – the Srebrenica region (Srebrenica, Potočari, and Bratunac). Snaga žene provides psychological, pedagogical, social, medical, legal, and economic aid to refugees and displaced persons as well as those who are now returning to Srebrenica. All the activities carried out by the organisation aim to help victims regain confidence and self-esteem, alleviate mental suffering, and restore control over their own lives through the process of rehabilitation. Snaga žene works intensively with young people at risk of social exclusion and with the survivors' children who are exposed to cross-generational trauma.

Kulczyk Foundation supports Snaga žene in carrying out projects that aim to improve the quality of life of the young generation through activities for their personal development, social skills acquisition, sociopolitical education, and inter-ethnic reconciliation. Those activities also include vocational training courses conducted by the social cooperative "Zelena mreža" (The Green Network) and the rehabilitation garden "Diana".

By gaining new knowledge and experience, and by developing new skills, beneficiaries of the organisation get a chance to change their life prospects. Their engagement in the activities of "Diana" and "Zelena mreža" contributes to greater social integration. Also, it increases their awareness of any possible opportunities for permanent employment. The activities are to boost their chances of economic independence and thus better quality of life.

TANZANIA



Support for an organisation that helps pregnant women and newborns in Nyangao

Polish Medical Mission

Pregnancy support, perinatal, obstetric, and newborn care are among the main challenges of Tanzania's health sector. A 2019 study conducted at the Nyangao maternity ward in Tanzania by Beata Niciak, a Polish neonatologist, showed that 89% of women who arrive at the hospital to give birth have undiagnosed and untreated anemia. As a result, newborns have very low birth weight, which leads to immunity problems and increases the likelihood of perinatal infections. These are often fatal for the babies.

According to the World Health Organisation, pregnancy-related deaths of mothers in Tanzania account for 18% of all deaths among women aged 15–49. Pregnant women are at high risk of perinatal complications, as well as death in childbirth due to lack of access to health facilities or arriving at the hospital too late. Of all women giving birth, only 46% have a doctor or midwife present.

The Polish Medical Mission (PMM) is a non-profit, non-governmental organisation dedicated to saving lives and alleviating suffering through healthcare as well as humanitarian and developmental aid. PMM conducts health interventions and humanitarian programmes that strengthen the potential of local communities. Its beneficiaries are the inhabitants of the poorest regions of the world, victims of wars and natural disasters, refugees, and groups at risk of social exclusion.

The aim of the project supported by Kulczyk Foundation is to renovate the hospital's maternity space for pregnant women waiting to be admitted to the hospital, to equip the neonatal intensive care unit (NICU) with small diagnostic devices as well as to renovate the walk-in clinic for pregnant women and children.

In addition, training courses were organised for 45 local female leaders as well as for girls and women from villages around Nyangao. The courses focused on topics such as protection of pregnant women, counteracting domestic violence, support of women's social rights, prevention of the abuse of children and women, hygiene practice, prevention of COVID-19, menstrual hygiene, the hormonal cycle and family planning.

Moreover, sets of reusable sanitary pads were provided to women staying at the hospital in Nyangao during their puerperium. More than 5,000 women received support in this way.

POLAND



Education and change of beliefs about sexuality and parenthood of people with disabilities

Avalon

According to a 2020 survey conducted in Poland by the Avalon Foundation, people with disabilities (PwD) often experience exclusion and discrimination in the context of sexuality and parenthood. Society tends to overlook, taboo, and sometimes even deny the needs of PwD. Half of those who took part in the survey experience psychological or physical barriers to fulfilling their sexual needs, and a shocking 36% of respondents experienced being told that the topic of sex and sexuality does not concern them due to their disabilities.

The Avalon Foundation – Direct Assistance for the Disabled is a Polish nationwide, non-governmental organisation that has been operating since 2006 for the benefit of people with disabilities and chronic illnesses. Its mission is to provide them with help (in the broad sense of the word) as well as to change the way in which PwD and the chronically ill are perceived both by society and by themselves. The organisation helps to fulfil the dreams and plans of the individuals under its care, conducts activities to improve the quality of their lives, increase their independence and eliminate social barriers between PwD and the rest of society.

Kulczyk Foundation supported the Avalon Foundation by carrying out the Sekson project. Its objective was to help people with motor disabilities through education and change awareness about their intimate lives or parenthood. The project involved: an educational platform with an interactive map of gynecological offices and birthing schools adapted to PwD; a two-day conference about the sexuality and parenthood of PwD; a photo exhibition showing PwD, their families and partners; interviews presenting the lives of PwD as well as talks with gynecologists, psychologists, and physiotherapists; webinars and training courses with specialists.

ITALY



Support for an organisation that helps victims of human trafficking

PIAM Onlus

Poverty, finding it difficult to make ends meet, and the prospect of quickly earning some money in Europe make many Nigerian women decide to leave their country – often for Italy. Intermediaries who organise travels from Nigeria to Italy tell the women that they will have to repay a debt of €15,000 after arrival. But they are promised that they will be able to do so after only three months in the new country.

When they arrive in Italy, the madame (the person who, by controlling the Nigerian women on location, works with the intermediary that brings them to work in Italy) informs them that their debt is already €45,000. What's more, it turns out that they also have to pay for rent, their place on the street, food, and bills, so their debts never decrease and often permanently exceed €40,000.

Most – if not all – of the Nigerian prostitutes who work today on the streets of Asti (northern Italy) are victims of human trafficking. The number of victims is steadily increasing, not only in the city of Asti but also throughout Italy and Europe.

Project for the Integration and Welcoming of Immigrants, or PIAM, is an organisation founded in 2000 by a trafficking victim Princess Inyang Okokon (a Nigerian) and Alberto Mossino (an Italian). PIAM's activities focus on the social integration of female victims of human trafficking and providing them with broadly-defined assistance with immigration issues. Since the founding of PIAM, Princess and Alberto have helped more than 300 women escape prostitution and access legal aid, employment, and counselling.

Project description

The aim of the project funded by Kulczyk Foundation is to promote realistic and stable integration of human trafficking victims while also supporting their economic independence, thus reducing the risk that they will become trafficking victims again. This risk increases in situations of economic insecurity and unemployment, therefore – to avoid it – gender equality measures are necessary.

In particular, support is essential when looking for a job and getting integrated into society, so the core aspect of the project are vocational training courses targeted at victims of human trafficking. These are intended to provide them with skills that they can use on the labour market, thus enabling them to get hired in specific sectors.

Every training conducted under the project includes a sector-specific language course. The training and language courses last between 1 and 4 months and are taught by qualified staff. At the end of the training, the beneficiaries complete 3-month internships to consolidate the skills they've acquired. Beneficiaries of the project include 16 women (victims of human trafficking – prostitution) aged 16 to 28.

GUATEMALA



Support for girls in Guatemala

El Patojismo

The Guatemalan Civil War, which lasted from 1960 to 1996, claimed more than 200,000 lives, mostly civilians. Its aftermath continues to this day, and the country struggles with many social problems. It is estimated that 56% of the population live below the poverty line, and 23% live in extreme poverty. Poverty has particularly dangerous consequences for children. According to World Bank data, Guatemala has the sixth highest rate of chronic malnutrition in the world and the first in Latin America and the Caribbean.

Many children and teenagers have limited access to education, with more than 1.6 million young people aged 15 to 24 not going to school at all and lacking basic vocational skills needed to enter the labour market. Children and youths who give up on education often join local gangs. Crime and violence are problems that are widespread in Guatemala. Women and girls are the most vulnerable, falling victim to violence, homicides, and sexual crimes. Violence leads to the problem of young girls becoming pregnant. The percentage of girls aged 10–14 who are pregnant is the highest in all of Latin America.

In the region of the Guatemalan city of Jocotenango, children and youths are helped by an organisation called El Patojismo which runs a fully-equipped education centre that provides not only access to education but also more than 600 meals a day. The organisation also offers music, art, drama, sports, and new technologies classes. At the same time, El Patojismo enables children and youths under its care to undergo vocational workshops and traineeships to enhance their chances of finding a job. The organisation's facilities include a medical clinic which serves around 1,500 people annually. The founder of El Patojismo is Juan Pablo Romero Fuentes, a Guatemalan teacher who began his activities for children in the garage of his parents' house. Those activities expanded greatly, and in 2014 Juan Pablo was awarded the title of a CNN Hero.

Kulczyk Foundation supports El Patojismo in creating a safe space for women and girls whose problems have become even worse as a result of the pandemic. It's a violence-free place where you can receive psychological and health aid, including support with regard to reproductive and sexual health. There, girls have access to free menstrual products, and they also learn about their bodies. At the same time, they can develop their passions and artistic skills. Furthermore, a joint project between the two organisations involves a network of educators who identify cases of sexual abuse. They support girls and women who have fallen victim to it by helping them to recover from traumas and to overcome emotional and health problems. What's more, under the supervision of qualified staff, the girls can participate in business workshops that boost their chances of getting a job in the future.

UGANDA



Support for the fight against period poverty and lack of knowledge about reproductive health

Irise

Uganda, located in East Africa, is a country classified as underdeveloped. Uganda's population is one of the youngest and fastest growing in the world, with a fertility rate of about 5.8 children per woman. Gender inequality in terms of opportunities remains a problem. Women are usually less educated than men and are less likely to have a paid job. Only 35% of women in Uganda are able to take full care of their hygiene during menstruation.

Due to the lack of access to hygiene products during their periods, they use rags, pieces of clothing, banana tree leaves, or dishcloths. Many girls admit that, when menstruating, they don't go to school because they can't afford sanitary pads. School absence is also prolonged by menstrual pain, embarrassment caused by the lack of hygiene products, and fear that someone might see blood on their clothes. According to Uganda's Ministry of Education and Sport, in that country 1 out of 4 girls between the ages of 12 and 18 leaves her education when she starts menstruating.

Counteracting period poverty in Uganda is the task undertaken by an organisation called *Irise* whose work began by asking girls the following question: "What stops you from going to school?". It turned out that menstruation was one of the main reasons for their absences. In Uganda, *Irise* gets involved in education, solutions in the water and sanitation sector, increasing access to menstrual hygiene products, activities for menstrual health, fighting the menstrual taboo, as well as engaging partners and local communities to improve girls' school attendance statistics.

Kulczyk Foundation provided supplementary funding for the Rise Up project which supports a community affected by the coronavirus pandemic. Female entrepreneurs were invited to join a virtual platform that is a place for mentoring and mutual support. What's more, secondary school girls were paired with female entrepreneurs. The girls receive support from their mentors, business training, and start-up packages, so that they can run micro-enterprises at their schools and sell menstrual hygiene products themselves.



COSTA RICA



Support for Nicaraguan migrant and refugee women in Costa Rica

Sifais

Costa Rica is one of the most prosperous and politically stable countries in Central America. It is also the new home for more than 85,000 refugees and asylum seekers from the neighbouring Nicaragua. La Carpio, a poverty-stricken district of San José (Costa Rica's capital), is inhabited mainly by Nicaraguans. The district has grown from a few families that inhabited it in the early 90s to around 50,000 inhabitants today. It is characterised by high rates of overpopulation, pollution, poverty, unemployment, and crime. There's insufficient access to electricity and drinking water, while the lack of financial resources leads to poor housing conditions and a limited infrastructure.

Sifais is a foundation established in 2011 to support migrants and refugees in La Carpio. The organisation was created on the initiative of two women, Alicia Avilés and Maris Stella Fernández. Initially, the two activists wanted to start an orchestra for children and youths to give them an activity other than life on the streets leading to crime. But Sifais' range of activities quickly expanded, and today the foundation carries out activities aimed at the social integration of children, youths, and adults.

Thanks to volunteers who come from more privileged backgrounds, Sifais beneficiaries are able to acquire artistic, sport, academic, technical, and business skills, thus reducing barriers and stereotypes between people of different socioeconomic situations and cultures. Sifais also helps to create new jobs for those under its care, so that they can gain work experience.

Social enterprises are being set up such as the Entre Costuras sewing workshop, where women from the local community sew and sell their textiles, or the women's enterprise called SIFAISSORI that produces wooden toys for children. Revenues from the sale of those products are used to finance, for example, the Montessori kindergarten run by Sifais.

Kulczyk Foundation supports Sifais' activities for women living in La Carpio through a project aimed at combating period poverty – 200 women, who live in extreme poverty, received sets of eco-friendly reusable sanitary pads. Meanwhile, Sifais volunteers teach them about menstrual health and hygiene. The pads distributed under the project are made by poor and unemployed women from Entre Costuras. Thanks to the support of Kulczyk Foundation, new sewing machines and the necessary tools were purchased for them, thus stimulating local social entrepreneurship among women and providing them with a steady source of income.

*Aid
projects*



ŻÓŁTY TALERZ

Yellow Plate is a programme supporting the system of children's nutrition which has been carried out by Kulczyk Foundation since 2016. In August 2021, we successfully completed its fifth edition. Yellow Plate is being executed with the participation of Poland's largest non-governmental organisations: Caritas of various dioceses, the Polish Red Cross, SOS Children's Villages, the Friends of Children Society, and forty smaller entities that operate locally. It's a unique alliance of Polish aid organisations for the benefit of children in need.



ŻÓŁTY TALERZ

The fifth and sixth editions of the Yellow Plate programme were very different from the previous ones because of the introduction of a state of epidemic emergency in March 2020. This changed the way we helped children and conducted educational activities. Many facilities were closed, and classes were held remotely or in a hybrid mode. We knew that, for many children, the closing of schools and community centres due to the introduction of the state of epidemic emergency meant the end of regular meals or even losing their only chance to eat a hot meal during the day. A break in school must not equal a break in nutrition. That was why, right away, in the first week of closed schools, we began handing out food packages.

In September 2021, we launched the sixth edition of the Yellow Plate programme which saw the return of children to their respective facilities. The sixth edition of the programme reaches more than 15,000 children from 373 facilities across the country.

Besides the funding of meals, a key part of the programme is nutritional education. We carried out a number of activities to raise nutritional awareness among children and adults. We were supported in this by experts from the Institute of Human Nutrition Sciences at the Warsaw University of Life Sciences. Warsaw University of Life Sciences continued to be the programme's content partner.



Being aware that nutritional education requires a comprehensive approach, we directed our educational activities at children and their teachers at schools and community centres as well as at their parents. We invited coordinators of the Yellow Plate programme from individual facilities, i.e., people who have a decisive influence on children's nutrition, to the Domino Effect's Workshop in Warsaw. The workshop classes for Yellow Plate coordinators consisted of two modules, i.e., the content module and the practical module (cooking together).

The content-related part was conducted by experts from the Institute of Human Nutrition and Consumer Sciences at the Warsaw University of Life Sciences. The classes helped the Yellow Plate coordinators plan wholesome meals for those under their care and provided essential knowledge on healthy eating.

All content-related classes were followed by practical classes conducted by qualified chefs. Participants learned how, using products only from the Yellow Plate List, to prepare not just healthy but also tasty dishes. They could learn how to encourage children to eat vegetables or replace sweets and unhealthy snacks with delicious and healthy desserts. In the months when (due to epidemic restrictions) we couldn't meet with Yellow Plate coordinators at the Domino Effect's Workshop, the classes were conducted online.



In the first half of the year, due to the state of epidemic emergency, carrying out educational activities was very difficult. Knowing that a child wouldn't eat healthily if his or her environment didn't care about it, we tried to engage both our beneficiaries and their families in educational activities. Eating habits are formed from an early age. For any child, the family home and school/kindergarten are the two most important upbringing environments that have a decisive influence on his or her development.

It is with this in mind that we organised the "Creative Cooking with Wanda" family competition. The competition involved composing a delicious meal using ingredients only from the Yellow Plate product list and posting a photo of it along with the recipe. Another competition, "Healthy Eating on Camera", was addressed to facilities participating in the programme and was about making a film, at the given facility, about classes on healthy eating. The competitions were very popular. They were aimed at raising nutritional awareness and engaging in the joint preparation of healthy meals.



As part of our educational activities for children, we conducted lessons based on the plans we had published. Each of the facilities covered by the programme had the opportunity to participate in the workshop classes with Wanda that we carry out in Warsaw at the Domino Effect's Workshop. During the workshop classes, in addition to educational activities, children also participate in cooking sessions – they meet in the kitchen to prepare healthy meals together.

For kids, cooking is super fun during which they learn how to cooperate in a group and, in an easier and more enjoyable way, acquire knowledge about healthy nutrition. During cooking sessions, we show children a world of flavours they never knew. Quite often, it turns out that the kids are unfamiliar with the tastes of some very basic vegetables and fruits. We encourage them to try foods they've never eaten and, above all, we show them how to make the right nutritional choices.

In 2021, we organised a series of workshop classes on hydration of the body and taught children how to prepare healthy desserts and delicious breakfasts. We're very happy when we receive feedback from the youngest participants in the workshops who say that thanks to the Yellow Plate programme they ate a particular vegetable or fruit for the first time in their lives. The children often emphasise that they intend to prepare the workshops meals with their parents at home.



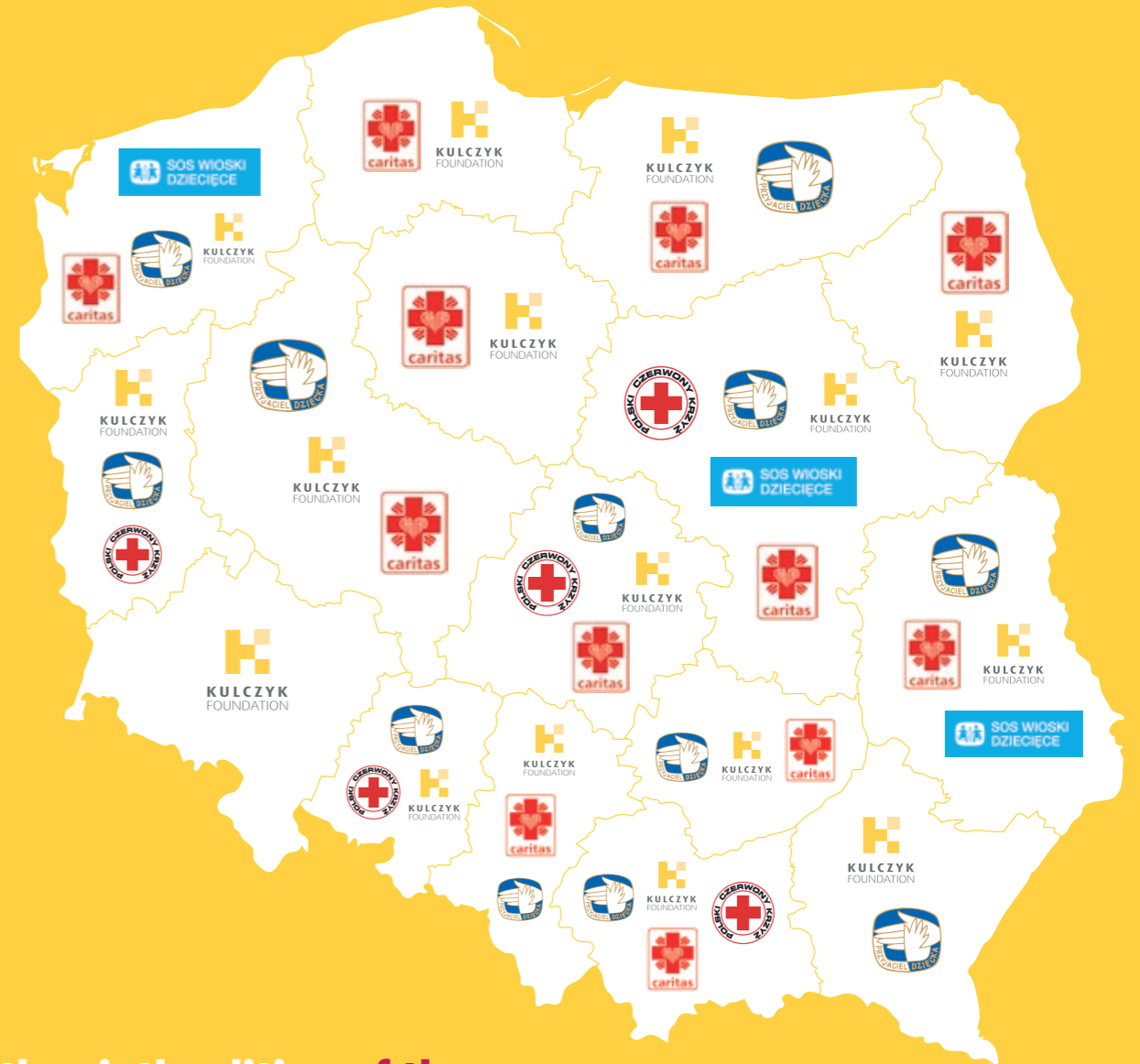


During the months when restrictions were in place due to the state of epidemic emergency, we conducted online classes for children. The heroine of our lesson plans, Ms Wanda, invited the children on a journey in a healthy food truck. The classes were conducted remotely from the Domino Effect's Workshop. During the classes, children learned about healthy eating, how many vegetables and fruits you should eat every day, what nutritional value legumes have, why it's good to eat fish, and how important it is to have five meals a day. These were just some of the topics Ms Wanda told the children about.



In December 2021, the Domino Effect's Workshop was once again visited by the Living Museum of Gingerbreads from Toruń. We invited kids from facilities covered by the programme to gingerbread baking workshops. The gingerbread baking workshop classes had an educational dimension and were conducted in the spirit of integrative play which got the children in the mood of the coming Christmas. Those who attended the classes learned how gingerbread is made, the origin of its name, where the spices used for baking gingerbread come from, and what the old craft of confectionery looked like.

It was a particularly magical time full of children's joy. Smelling of the Christmas tree and gingerbread. To us, the smiles and happiness of those under our care are what matters most. We wish to thank all the facilities for their participation in the classes.



In the sixth edition of the Yellow Plate programme, Kulczyk Foundation invited the following organisations to bring help together:

Caritas of the Kielce Diocese, Caritas of the Radom Diocese, Caritas of the Katowice Archdiocese, Caritas of the Toruń Diocese, Caritas of the Gdańsk Archdiocese, Caritas of the Szczecin-Kamień Archdiocese, Caritas of the Koszalin-Kołobrzeg Diocese, Caritas of the Poznań Archdiocese, Caritas of the Gniezno Archdiocese, Caritas of the Kraków Archdiocese, Caritas of the Drohiczyń Diocese, Caritas of the Warsaw-Praga Diocese, Caritas of the Łomża Diocese, Caritas of the Łódź Archdiocese, Caritas of the Siedlce Diocese, Caritas of the Białystok Diocese, the Polish Red Cross, the Friends of Children Society, SOS Children's Villages. The Yellow Plate programme is building a standard of support for the system of children's nutrition in Poland. Implementation of this programme would not be possible without our proven partners.

Yellow Plate in numbers:
373 facilities covered by the programme

More than 15,000 children covered by the programme

47,000 food packages received by children since the beginning of the pandemic

In 2021, we served more than 8 million meals under the Yellow Plate programme

SANITARY PADS AT SCHOOL FOR EVERY GIRL

Joint programme of Kulczyk Foundation and Rossmann

According to a survey conducted in 2020 by Difference and ordered by Kulczyk Foundation, one in five schoolgirls skips lessons due to a lack of adequate hygiene products during menstruation.

The “Sanitary Pads at School for Every Girl!” programme covered 96 primary and secondary schools all over Poland – in all sixteen provinces.

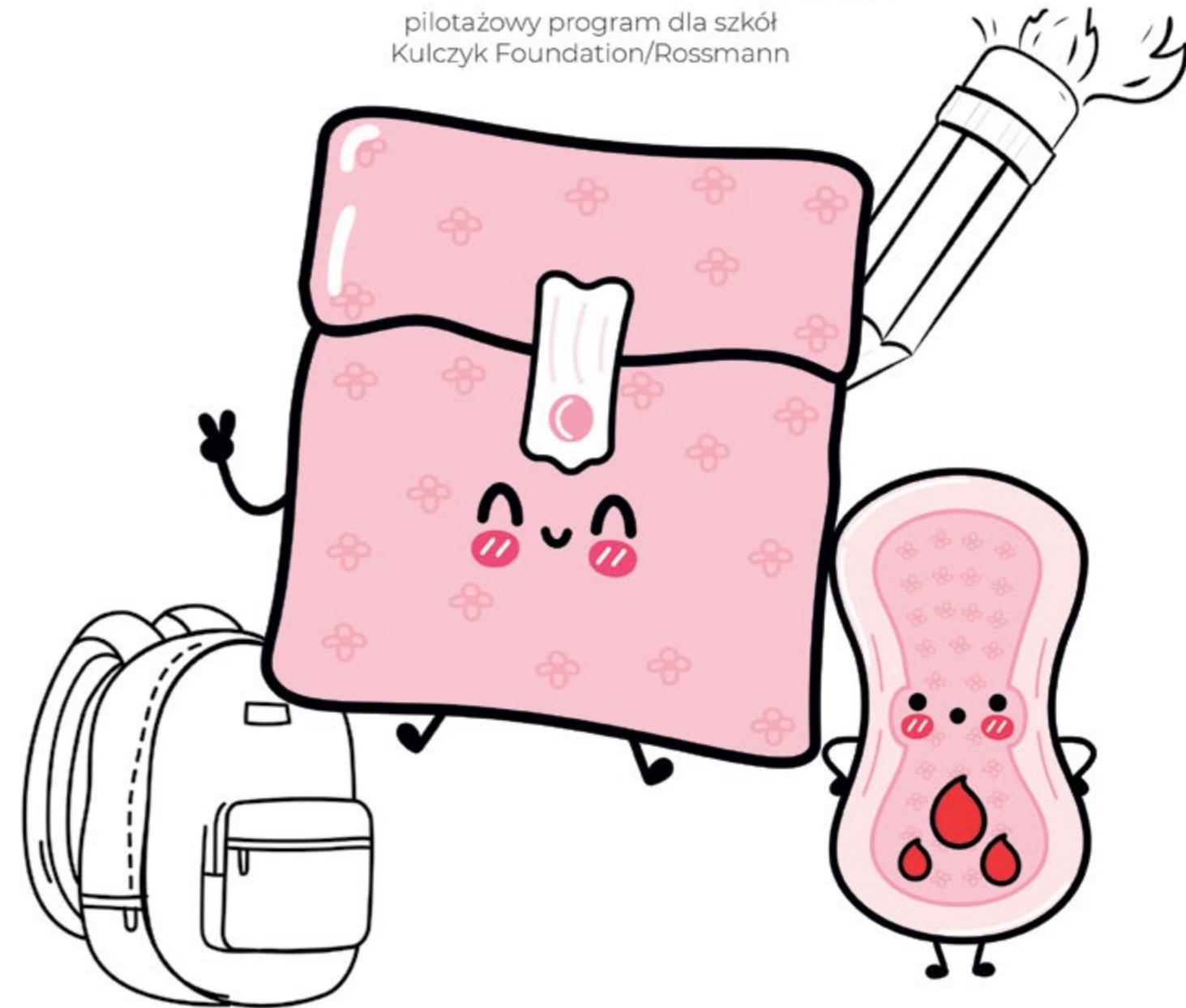
Thanks to the programme, a year’s supply (for the entire duration of the 2021/2022 school year) of sanitary pads for schoolgirls was provided. In addition, each school participating in the programme now has a “Kulczyk Foundation Volunteer Service” through which female students promote knowledge about menstruation in order to de-taboo this topic among their female and male schoolmates.

Teachers, in turn, received specially developed educational materials on puberty and menstruation, which they discuss with their female and male students during lessons or organisational meetings. An important educational aspect of the programme is that it’s aimed at both girls and boys who are willing to actively participate in the proposed classes and show interest in the subject.



Podpaski w szkole dla każdej dziewczyny

pilotażowy program dla szkół
Kulczyk Foundation/Rossmann



Materiały edukacyjne



On 8 March 2021, Poland's largest organisations that fight against period poverty united forces and established the Periodic Coalition.

Periodic Coalition



“Ignoring the topic of menstruation makes OUR BLOOD BOIL! Let’s change that, together!”

This is what members of the Periodic Coalition wrote in a manifesto that was presented at a press conference in Warsaw. Also, the following 12 months were declared the Year of Menstruation. The Periodic Coalition was established to achieve our common goal: prevent period poverty and break the taboo of menstruation which is a natural phenomenon.

Menstruation remains a taboo in Poland. It’s perceived as an awkward, inappropriate, even invisible subject. Even though menstruation is a natural and cyclical process, often it’s accompanied by shame and humiliation. An even greater challenge is faced by people at risk of social exclusion, who not always have the means needed to take care of their hygiene or comfort during their periods. According to a survey ordered by Kulczyk Foundation, at least 1 in 5 women in Poland at some stage of her life didn’t have or doesn’t have access to menstrual products.

The serious consequences of period poverty have finally started to be recognised by more and more governments around the world, including those of Scotland, New Zealand, and France. It’s been noticed that period poverty can lead to physical health problems, such as infections impairing fertility, or to lack of diagnoses of dangerous diseases, such as endometriosis and cancer. It also results in mental health problems: feelings of fear and shame associated with trying to hide one’s period, making it difficult (or even impossible) to perform everyday duties or participate in important events.

Therefore, period poverty can negatively affect learning and work and, consequently, the level of education and the possibility of finding a good job.

No access to information and menstrual hygiene products as well as unkind, stigmatising attitudes of the environment affect menstruating people directly but also, indirectly, the quality of life of society as a whole.

Changes observed around the world in terms of access to hygiene products and to information about menstrual health and hygiene prove that this is a common issue in which authorities and entire society should get involved. Only system changes can bring real results. We believe that the time has come to make changes in Poland as well.



On 28 May 2021, on the international Menstrual Hygiene Day, members of the Periodic Coalition met at the monument to Ignacy Jan Paderewski in Warsaw and removed a red band from his eyes. By doing so, they appealed to politicians and opinion leaders to open their eyes to the problems of menstruating people in Poland.

Open your eyes...



The event was the finale of the Open Your Eyes campaign launched on Mother's Day, in which activists tied red bands on monuments all over Poland. Bands were placed on monuments in Grudziądz, Konstancin, Łódź, Poznań, Szczecin, Warsaw, Wrocław, Zgorzelec, Zielona Góra, Zakopane, and Żyrardów, among others.

The aim of the campaign was to draw public attention to the invisibility of the topic of menstruation and the problem of period poverty in our society. The event was promoted on social media by the #PodpaskiZaOpaski (#PadsForBands) campaign thanks to which more than 400 packages of sanitary pads were provided to the beneficiaries of the Daj Herbatę Foundation.



PERIODIC COALITION IN THE SEJM

On 26 July 2021, the Sejm of the Republic of Poland discussed the topic of period poverty for the first time ever. All thanks to the initiative of the Periodic Coalition.

During a meeting of the standing subcommittee for social policy, representatives of the Periodic Coalition presented their demands regarding access to menstrual products in Poland. The meeting was attended by representatives of the Ministry of Health and the Ministry of Family, Labour and Social Policy who expressed their willingness to continue the talks.

As argued by the members of the Periodic Coalition, the European Parliament signals that period poverty affects approximately one in ten women in Europe. According to a survey ordered by Kulczyk Foundation and conducted in Poland in February 2020, as many as 18% of women admit that they've experienced not having enough means to purchase adequate hygiene products.

The activists tried to convince Members of the Sejm that being unable to take care of menstrual health can have negative consequences in the health, psychosocial, education, and economic spheres. The coalitionists also drew attention to the fact that menstruation remains a taboo, which is due to the lack of relevant education in this respect.



COOPERATION WITH BIEDRONKA

The Periodic Coalition provided almost 1.4 million sanitary pads to orphanages, single mothers' homes, and centres for people who are going through the crisis of homelessness. All thanks to a joint campaign with the Biedronka chain of shops.

We were conducting the "Together Let's Start a Period of Changes" initiative from 20 May until the end of 2021. When somebody bought selected menstrual products at a Biedronka store, it was possible to receive a voucher for the value of those products. After registering it, women in need were helped. Menstrual hygiene products went to many organisations and places where people in need were able to receive them free of charge. Biedronka is the largest retail chain in Poland. It has over 3,000 shops located in more than 1,100 towns and cities.

THE PERIODIC COALITION IS COMPOSED OF:

- Akcja Menstruacja,
- prof. dr hab. Iwona Chmura-Rutkowska, UAM,
- Fundacja Ja, Nauczyciel, dr n. hum Alicja Długołęcka,
- Fundacja im. Julii Woykowskiej,
- Fundacja One Day,
- Fundacja Pokonać Endometriozę,
- Grupa Ponton,
- Jak Wychowywać Dziewczynki,
- Kulczyk Foundation,

COOPERATION WITH YOUR KAYA

Four and a half thousand sanitary pads went to orphanages thanks to a joint campaign of Your KAYA and the Periodic Coalition.

The company encouraged its female and male customers to participate in the initiative, thanks to which 450 packs of sanitary pads were collected in 3 days.

The sanitary pads went to the beneficiaries of the One Day Foundation, which is one of the organisations brought together by the Periodic Coalition. The foundation is carrying out the #Usamodzielnieni (#Self-dependent) programme supporting children and youths from orphanages and educational care facilities.

Your KAYA is a Polish brand of women's sanitary products – sanitary pads, tampons, pantyliners, and menstrual cups. The pads that went to the orphanages are biodegradable and reflect the assumptions of ecological education advocated by the Periodic Coalition.

- Natalia Miłńska – miesiaczka.com,
- moonka.pl,
- Pani Miesiączka,
- Polish Red Cross,
- Projekt Masterki,
- Różowa Skrzyneczka,
- Stowarzyszenie „Pogotowie Społeczne”,
- Szajn

OPEN YOUR EYES AND SEE...

Period poverty and experiences of womanhood are the theme of the photo exhibition opened on 28 May – the international Menstrual Health and Hygiene Day. Authors of the photographs are: Łukasz Bąk, Tomasz Lazar, and Marek Straszewski who were with Kulczyk Foundation during the production of the 8th season of the “Domino Effect” documentary series. The exhibition was displayed in: Warsaw, Poznań, Gdańsk, Słupsk, Wrocław, Szczecin, Toruń, and Łódź.

The Guatemalan, Costa Rican, Nicaraguan, and Ugandan women and girls depicted in the photographs share with us their beliefs and problems. Many of them lack basic knowledge about menstruation and often don't have the means to purchase menstrual products. The local non-governmental organisations that operate there and are supported by Kulczyk Foundation strive to disseminate reliable information on the menstrual cycle and provide support in the form of essential menstrual products.

“As a reporter and philanthropist, I have dealt with various problems of this world. When I realised that change is a woman and women are very often the source of change, I decided to focus on women's issues. Superstition, misunderstood tradition as well as social and economic constraints still stand in the way of self-realisation, self-determination, equality, and simple personal happiness. It's unacceptable that women are stigmatised because of their periods. Lack of sanitary products takes away their freedom of self-determination”, says Dominika Kulczyk, President of Kulczyk Foundation.



Wrocław
Photo by Krzysztof Zatycki



Poznań
Photo by Jakub Wittchen



Toruń
Photo by Wojciech Szabelski



Wrocław
Photo by Krzysztof Zatycki



Toruń
Photo by Wojciech Szabelski



Poznań
Photo by Jakub Wittchen

Our documentaries show the problems of communities around the world and the related activities of non-governmental organisations supported by Kulczyk Foundation.

The “Domino Effect” series is filmed thanks to cooperation with TVN – Poland’s largest private TV station. This cooperation has also resulted in other documentaries, awarded at film festivals all over the world.



Documentaries

Domino Effect.

SEASON 8

The tragedy of immigrant women forced into prostitution in Italy, the suffering of African victims of ritual female genital mutilation, the humiliation and lost opportunities of girls who suffer from period poverty, or the everyday life of women from Bosnia and Herzegovina who inherit and pass on the trauma of war – these are the most important issues Dominika Kulczyk addressed in the new, eighth season of the “Domino Effect” documentary series. For the first time, the programme was devoted entirely to women and the strength with which they face the difficulties arising from patriarchal culture, tradition as well as difficult economic and political situations. These very personal stories of female strength, courage, and defiance of exclusion are proof that women are “free, despite everything”.



The 8th season of “Domino Effect” includes the following episodes:

1. “Leave Our Bodies Alone” (Spain)
2. “Everyone I lost” (Bosnia and Herzegovina)
3. “690 grams” (Tanzania)
4. “Without brakes” (Poland)
5. “Deceived” (Italy)
6. “Harmony” (Guatemala)
7. “Red Leaf” (Uganda)
8. “The Cave of Light” (Costa Rica)

Documentary

FROM THE CNN FREEDOM PROJECT SERIES

Bonded labour in the 21st century

“Silk Slaves” is a film produced by the CNN Freedom Project in collaboration with Kulczyk Foundation. The documentary focuses on the topic of bonded labour, which affects as many as 8 million people around the world. It also shows the consequences of this practice using the example of the booming silk industry in India.

In the half-hour film, we join Dominika Kulczyk, an entrepreneur and a philanthropist, on her journey to Karnataka in India. There, in the town of Sidlaghatta, Dominika meets representatives of the Jeevika organisation which fights for identification, liberation, and rehabilitation of slave workers.

Bonded labour shown in this documentary by CNN and Kulczyk Foundation involves forcing people to work in appalling conditions under the pretext of working off a debt that the “debtors” have no money to pay. The debt incurred is often the result of paying traffickers for promised work. Usually, after arrival at the place of work, documents are taken away to prevent the newcomers from going back and to force them to repay the debt.

“Silk Slaves” tells the story of Hadia and Naseeba, a mother and daughter, who work 12 hours a day in a factory under extreme conditions. Living in constant fear of the person with whom they’ve incurred the debt, they’re trying to find a legal way to freedom.

The CNN Freedom Project shows what happens in silk factories and why bonded labour still exists in India even though an average worker in such factories earns less than \$3 a day.



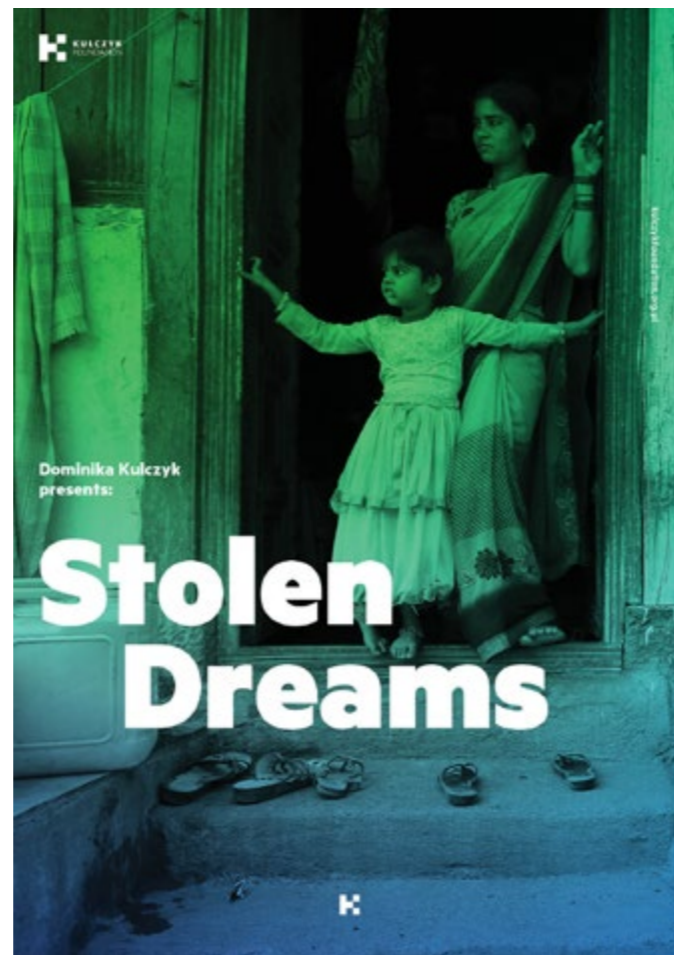
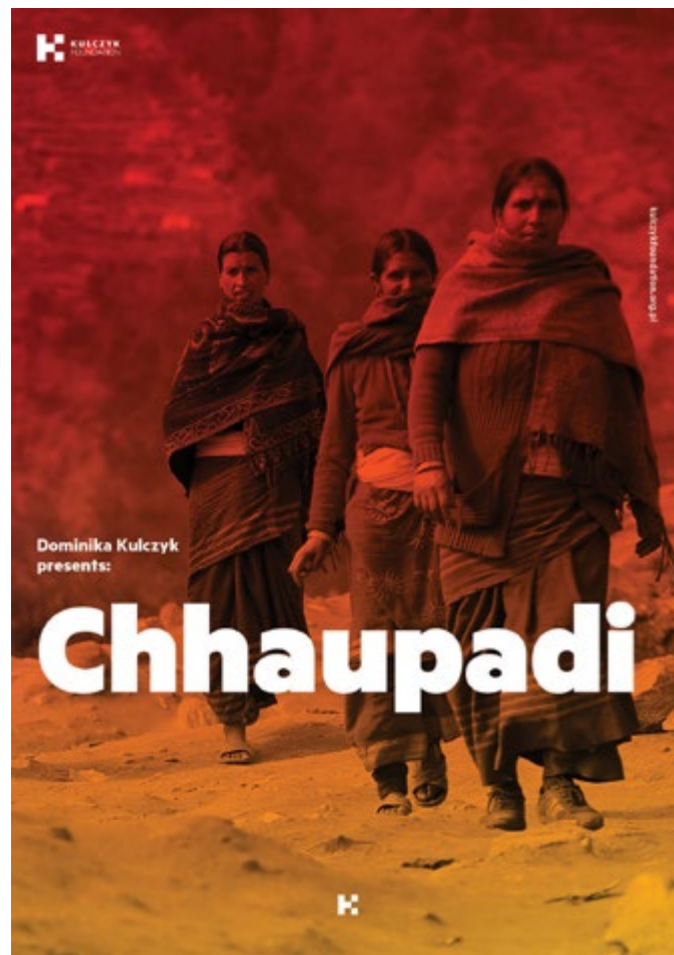
Longer DOCUMENTARIES

Activities carried out by Kulczyk Foundation include the production of longer documentaries. Their purpose is to elaborate on and delve into some of the difficult topics covered in individual episodes of “Domino Effect”.

These films are appreciated all over the world. They take part in international film festivals, where they receive awards. Quite often, juries point out the films’ artistic qualities but, most importantly, emphasise the significance of the themes they address.

In 2021, the documentary entitled “Chhaupadi” drew particular attention of international audiences. It was appreciated at the World Media Festivals in Hamburg in May and at the Best Shorts Competition in San Diego and the Prague International Film Awards in October. “Chhaupadi” portrays the plight of women and girls living in the north-western regions of Nepal, where the custom of chhaupadi, though prohibited by law, is still practised. The custom comes down to this: both girls and women during menstruation are considered unclean and are not allowed to spend the nights at home, consequently having to spend them in sheds with animals.

The documentary entitled “Stolen Dreams” was awarded too. In June, it received the Femmy Award in the Best Short Documentary category at the Nevada Women’s Film Festival in the United States. The film tells the stories of girls living in India who were married off before the age of 18.



We build awareness that provides the competences necessary to recognise and challenge stereotypes. Thanks to this, we can actively work towards gender equality.

It is crucial in creating a reality that's free from restrictions based on gender and enables each and every one of us to realise our potentials.



Educational projects

More than 2,100 teachers
in Kulczyk Foundation's educational group on Facebook

12,500 teachers
using Kulczyk Foundation's materials

256 texts
published as part of the "Tenderness & Freedom"
series

16 journalists
at menstruation workshops

About 5.75 million views of the texts
published as part of the "Tenderness & Freedom"
campaign

Change IS A WOMAN

The pandemic has shown how many things need to change in our everyday lives. It has exposed the areas where inequality, and the resulting injustice, clearly exist. Inequality and injustice are related, among others, to gender.

This is due to beliefs and stereotypes that are deeply ingrained and still perpetuated. When educating, we should try to challenge and uproot them. When explaining children how the world works, it's crucial to show them the benefits arising from gender equality and to avoid repeating the harmful patterns.

Therefore, the role and preparation of educators who work with children is crucial. Kulczyk Foundation tries to support them in their work by providing the necessary materials and conducting workshops.

Among other things, we prepared the following thematic brochures for them: "Have Courage!", "Change", "Trust", "The Future is a Girl", and "Hope", containing articles that provide information and help to raise greater awareness about gender inequality.

We also run a Facebook group that brings together more than 2,000 people. The group is called "Domino Effect. A group for teachers". We use it to inform about our activities, consult ideas but also give both female and male teachers a space to exchange knowledge and ideas.



Day OF GIRLS



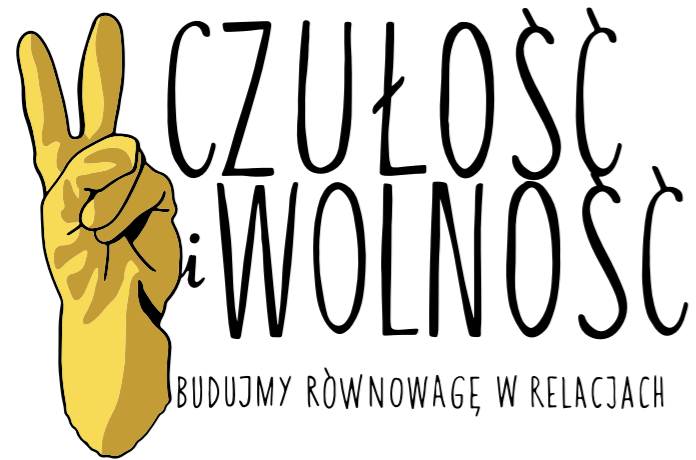
No to digital exclusion!

The “International Day of the Girl Child”, also known as the Day of Girls and celebrated on 11 October, was established by the United Nations to draw attention to the fact that already from birth (in some parts of the world even before birth) girls are often not treated equally to boys. They don’t have the same opportunities, and societal expectations about them mean that even before they become adults their chances of realising their full potentials are restricted.

The motto of the 2021 Day of Girls was “Digital Generation, Our Generation” which served as a reminder of the competence gap as well as the gap in access to modern technologies between boys and girls.

Celebrating the Day of Girls, we prepared materials about these issues, highlighting how technology can help combat the problems that affect contemporary girls and young women.

Like every year, we also invited educational facilities from all over Poland to join the global celebration of this day.



“I want to support women’s freedom in the spheres of awareness, body, and being”.

In 2021, we continued the “Tenderness & Freedom” project that we run in partnership with Wysokie Obcasy Magazine and the Gazeta Wyborcza Foundation. It featured 256 texts dedicated to the three spheres of women’s lives – awareness, body, and being.

We showed the inequalities that, on a daily basis, put women at a disadvantage in many areas of our reality. We presented the benefits of enabling women to realise their full potentials, both professionally and privately. Also, we explained that these benefits apply not only to women, but to society as a whole.

We pointed out that treating people differently based on gender affects boys and men too. Stereotypes and prejudices negatively affect their lives, forcing them to behave in ways that are often destructive for them.

With the “Tenderness & Freedom” project, we want both genders to start approaching each other with more tenderness, understanding, and empathy as well as to be more attentive to one another. This will increase the chances of building a fairer and better world.

All the materials created under the project are available free of charge in both Polish and English on the Foundation’s website, at the websites of “Wysokie Obcasy”, and in the Wyborcza.pl app.



dr. Jan Kulczyk

Scholarships



For the 22nd time, dr. Jan Kulczyk Scholarships were awarded at the Adam Mickiewicz University (UAM) in Poznań. The support is addressed to students and doctoral candidates.

Between the years 1999 and 2021, a total of 196 scholarships were paid out, with a total value of more than PLN 2,387,900. Each year, scholarships are awarded to eight people for very good academic results, outstanding academic achievements, and activities benefiting UAM. The awarding committee also takes into account the financial situation of the candidates.

After a year-long break due to the lockdown, the ceremony could again be held physically in the presence of the university authorities and Dominika Kulczyk, President of Kulczyk Foundation's Management Board.

The tradition of giving scholarships has been going on for over twenty years. The scholarship fund managed by the UAM Foundation was established in 1998 thanks to a donation made at that time by Grażyna and Jan Kulczyk.

Since 2014, Ukrainian citizens studying at UAM have also been applying for the scholarships. In 2021, the support went to 40 students. The criteria for awarding the scholarships are the grade average as well as the political, social, and economic situation of a prospective recipient.

Between the years 1999 and 2021, a total of 196 scholarships were paid out, with a total value of more than PLN 2,387,900.

In 2021, the support went to 40 students.

“I know that the young but already outstanding people who receive the scholarships will turn their acquired knowledge into positive changes that will benefit entire society. Contributing to that is a great honour”



Self-dependent PROJECT



Under the project, young people learn to build self-confidence and courage in adult life. They get a chance to see the reality around them from a different perspective. They begin to see their advantages, identify their strengths, and translate this into being able to get a job. They "get the hang of" how to write CVs and behave at job interviews. They also receive tips on how to search for a job effectively.

Since 2019, Kulczyk Foundation and the One Day Foundation have been jointly running the Self-dependent project.

The project is about helping kids under foster care to take their first steps towards adulthood. Becoming self-dependent is usually extremely difficult because these particular young people don't have supportive parents who would "have their backs". We organise workshops that, as short as they are (only two days), can change the way our beneficiaries think about themselves and the world around them.

Apart from developing self-dependence by building self-confidence, the classes also give them practical preparation and knowledge. Sometimes, we are the first to tell them about their rights and duties resulting from reaching a legal age. We prepare them the process of becoming self-dependent, trying to minimise any fears or stresses. We give them the tools to act and show them how to deal with difficult life situations.

Thanks to the project, young people begin to see their advantages, identify their strengths, and learn how to convert them into getting their first serious jobs. Thanks to us, they "get the hang of" how to write CVs and behave at job interviews. They also receive tips on how to search for a job effectively.

Each participant can take the Gallup test, which is one of the most reliable psychological tests highly valued by employers. Based on the test and an individual conversation with a coach, participants can also enrol in a vocational course of their choice or in a class to help them choose a school or future profession.

In 2021, we managed to carry out our online workshops at 38 facilities. At 22 of them, we conducted two-day courses.

We were in Kęty, Oświęcim, Kraków, Golub-Dobrzyń, Rypin, Radocza, Żary, Szprotawa, Lubsko, and Kutno. We invited young people from three facilities in Pęchery and Równe to classes at the Domino Effect's Workshop in Warsaw.

Altogether, we trained 273 people and took 16 children from orphanages across Poland on a five-day trip dubbed "Self-dependents in the Field".

The Self-dependent project project also took the form of the usamodzielnieni.pl online platform created jointly with students of the Warsaw University of Technology.

The website is a treasure trove of information on how to take the first steps in adult life. It shows the process of becoming self-dependent step by step in a way that is clear and attractive to young people, taking into account all its advantages and consequences.

This kind of knowledge helps to make informed decisions. In addition to a CV creator, the platform also includes a database of professions and job offers. Any doubts of the users are resolved by a team of experts. Emails are answered by a psychologist, doctor, accountant, lawyers, career advisers, and an expert on becoming self-dependent.

Domino Effect's WORKSHOP

The Domino Effect's Workshop is a place that combines all the areas of our Foundation's activities – support programmes, educational programmes, and integration programmes. Throughout the year, meetings and classes linked to our aid projects were conducted at the Workshop.

Culinary workshop classes

Despite the continuing pandemic restrictions, at the Domino Effect's Workshop we organised educational and culinary workshop classes for children and youths both online and physically.

Under the online classes, we connected with facilities participating in the Yellow Plate programme. Kids were able to gain knowledge on and skills in healthy eating, for example, through the activities with the "Healthy Food Truck". During the workshops, we built up the children's appetites by showing them how to prepare healthy dishes. 1,667 children benefited from the online classes.

During the series of physical classes at the Domino Effect's Workshop, we taught and showed the kids what a properly composed plate should look like, why it's important to eat regularly, and how many portions of fruits and vegetables should be included in one's daily diet. When the time came for the hands-on part of the classes, the children prepared delicious dishes in the Yellow Plate Kitchen. Classes at the Domino Effect's Workshop are a fun way to learn a lot about proper nutrition.

After a long break, we also returned with the series of meetings for coordinators and people directly responsible for execution of the Yellow Plate programme at facilities cooperating with the Foundation. As part of the conducted workshops, participants were additionally able to attend a lecture on "Healthy Eating and Eating / Body Weight Disorders in Practice". In turn, by cooking together in the Yellow Plate Kitchen, we wanted to inspire the coordinators but also show them that preparing a healthy and wholesome meal is not difficult and does not take much time.

In December, the Domino Effect's Workshop was once again visited by the Living Museum of Gingerbreads from Toruń. The ways in which gingerbread was historically baked were demonstrated by guest stars – the Gingerbread Master and the Root Witch. The demonstrations were in the spirit of the legendary principles stemming from the history of gingerbread baking. During that time, the Domino Effect's Workshop was visited by nearly 500 beneficiaries of the Yellow Plate programme.



Affirmation of femininity after cancer treatment

Breast cancer is not only life-threatening but unfortunately also hurtful to femininity.

As part of our cooperation with the La vie La vie Foundation, we organised workshop classes entitled "Affirmation of Femininity after Cancer Treatment" at the Domino Effect's Workshop. With the help of Latino music and dance instructor Iwona Pavlović, we wanted to empower women after cancer treatments, restoring their femininity and self-confidence. Apart from dance, conversations, emotions, and great support to continue fighting and being physically active were also important.



List of activities

KULCZYK FOUNDATION PROJECTS CARRIED OUT IN 2021 AROUND THE WORLD

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | ORGANISATION / COUNTRY | DESCRIPTION |
|-----|---|---|--|
| 1. | Continuation of the project commenced in 2019 | Comparte Por Una Vida Colombia (Colombia) | Continuing support for Venezuelan refugees (beneficiaries of the organisation). |
| 2. | Continuation of the project commenced in 2019 | INFANT (Peru) | Building a new centre for children – beneficiaries of the organisation. Project linked to the production of one of the episodes of the “Domino Effect” (season 6). |
| 3. | Continuation of the project commenced in 2019 | Juanfe (Colombia) | Continuing support for the “360 Degrees” programme that helps teenage mothers from Cartagena, Colombia. |
| 4. | Continuation of the project commenced in 2019 | HOPE Foundation For Women & Children of Bangladesh (Bangladesh) | Funding the construction of an operating theatre and delivery room at the organisation’s hospital that specialises in the treatment of obstetric fistula. Project linked to the production of “Stolen Son: A CNN Freedom Project Documentary”. |
| 5. | Continuation of the project commenced in 2019 | Project Elimu (Kenya) | Supporting a project to prevent period poverty: purchasing menstrual products for 1,000 girls. |
| 6. | Continuation of the project commenced in 2019 | Project Elimu (Kenya) | Supporting a project to prevent period poverty: organising menstruation-themed courses for school-aged girls. |
| 7. | Continuation of the project commenced in 2019 | Projeto UERÊ (Brazil) | Continuing support for a beneficiary of the organisation. |
| 8. | Continuation of the project commenced in 2019 | Christina Noble Children’s Foundation (Vietnam) | Continuing support for beneficiaries of the organisation. |
| 9. | Continuation of the project commenced in 2020 | Days for Girls Nepal (Nepal) | Supporting a project to prevent period poverty: purchasing sets of eco-friendly reusable sanitary pads. Project linked to the production of one of the episodes of the “Domino Effect” (season 7). |

| NO. | DATE | ORGANISATION / COUNTRY | DESCRIPTION |
|-----|---|---|---|
| 10. | Continuation of the project commenced in 2020 | Maison de la Gare (Senegal) | Supporting a beneficiary of the organisation. |
| 11. | Continuation of the project commenced in 2020 | Empowering Children with Disabilities (Rwanda) | Supporting a beneficiary of the organisation. |
| 12. | Continuation of the project commenced in 2020 | “Tenderness & Freedom. Let’s build balanced relationships” | Continuing the English-language version of the “Tenderness & Freedom” campaign being carried out by Kulczyk Foundation and Gazeta Wyborcza Foundation – creating subject-specific sections on the “News from Poland” website and on Kulczyk Foundation’s website, having the Agora media company disseminate content from the campaign in the LENA network (The Leading European Newspaper Alliance). |
| 13. | Continuation of the project commenced in 2020 | Project for the Integration and Welcoming of Immigrants – PIAMonlus (Italy) | Supporting the “STAR” project – year-long courses for female victims of human trafficking. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 14. | Continuation of the project commenced in 2020 | Raskot Community Hospital (Nepal) | Supporting the work of a hospital in Kalikot. |
| 15. | Continuation of the project commenced in 2020 | Save a Girl Save a Generation (Spain) | Supporting the “CHAIN” project in Spain that helps victims of female genital mutilation (FGM) as well as early and forced marriages. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 16. | Continuation of the project commenced in 2020 | Udruzenje “Snaga žene” (Bosnia and Herzegovina) | Supporting youths and women who struggle with cross-generational war trauma and post-traumatic stress disorder (PTSD), by equipping the “Diana” therapeutic garden. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |

| NO. | DATE | ORGANISATION / COUNTRY | DESCRIPTION |
|-----|---|---|---|
| 17. | Continuation of the project commenced in 2020 | Udruzenje “Snaga žene” (Bosnia and Herzegovina) | Supporting youths and women who struggle with cross-generational war trauma and post-traumatic stress disorder (PTSD) through the activities of the “Zelena mreža” social enterprise. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 18. | Continuation of the project commenced in 2020 | Jeevika (India) | Supporting a micro-entrepreneurship project for victims of modern-day slavery. Project linked to the production of “Silk Slaves: A CNN Freedom Project Documentary”. |
| 19. | Continuation of the project commenced in 2020 | Polish Medical Mission (Tanzania) | Supporting the provision of supplies to a hospital in Nyangao and the renovation of hospital infrastructure. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 20. | Continuation of the project commenced in 2020 | Polish Medical Mission (Tanzania) | Providing reusable sanitary pads for women staying at the hospital in Nyangao (Tanzania) during their puerperium (2,000 pads for 1,000 women). Women who gave birth at the hospital in Nyangao received two reusable sanitary pads each. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 21. | Continuation of the project commenced in 2020 | Save a Girl Save a Generation (Kenya) | Supporting the execution of the “Training in Gender” project in Kenya by funding courses designed to increase knowledge and awareness about gender-based violence. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 22. | March 2021 | Irise International (Uganda) | Supporting the “Rise Up” project intended to counteract period poverty in East Africa by empowering young women and girls. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 23. | March 2021 | El Patojismo (Guatemala) | Creating a safe space for women and girls at risk of violence. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | ORGANISATION / COUNTRY | DESCRIPTION |
|-----|--------------|---|--|
| 24. | March 2021 | Fundación Sifais (Costa Rica) | Courses for women who live in the La Carpio district of San José in sewing reusable sanitary pads and diapers as part of the “Entre Costuras” initiative. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 25. | March 2021 | Fundación Sifais (Costa Rica) | Distributing reusable sanitary pads to women who live in extreme poverty in the La Carpio district of San José. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 26. | March 2021 | CNN International | Premiere of the “Silk Slaves” documentary produced in collaboration with CNN International as part of the #MyFreedomDay campaign (spreading awareness about modern-day slavery). |
| 27. | May 2021 | Empowering Children with Disabilities (Rwanda) | Purchasing essential accessories for hearing aids of the organisation’s beneficiaries. |
| 28. | May 2021 | World Media Festivals Hamburg (Germany) | Screening of the film entitled “Chhaupadi” and winning the Intermedia-Globe GOLD award. |
| 29. | June 2021 | Nevada Women’s Film Festival (USA) | Screening of the film entitled “Stolen Dreams” and winning the Femmy Award in the Best Short Documentary category. |
| 30. | October 2021 | International Day of the Girl Child | Participating in the International Day of the Girl Child (a.k.a. the Day of Girls) to raise awareness about the problems that girls and young women around the world have to struggle with every day. |
| 31. | October 2021 | Concern Worldwide (Sudan) | Supporting the Concern Worldwide organisation in the purchase and distribution of menstrual kits among women and girls in West Darfur. |
| 32. | October 2021 | Best Shorts Competition San Diego (USA) | Screening of the film entitled “Chhaupadi” and winning the Award of Excellence Special Mention in the Documentary Short category. |
| 33. | October 2021 | Prague International Film Awards (Czech Republic) | Screening of the film entitled “Chhaupadi” and winning the award in the Best Feature Documentary category. |





List of activities

KULCZYK FOUNDATION PROJECTS CARRIED OUT IN 2021 IN POLAND

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | EVENT | DESCRIPTION |
|-----|---|--|---|
| 1. | Continuation of the project commenced in 2020 | Cooperation with the AVALON Foundation – Direct Assistance for the Disabled | Supporting projects concerning dissemination of knowledge about the sexuality of people with physical disabilities. Project linked to the production of one of the episodes of the “Domino Effect” (season 8). |
| 2. | January 2021 | Educational and culinary workshop classes for children at the Domino Effect’s Workshop | Organising four educational/culinary classes for children and youths, based on the “Eat Healthily All Day” lesson plans. Workshop classes promoting the idea and key principles of healthy eating. These classes were organised online. A total of 171 children from 9 facilities took part in them. |
| 3. | January 2021 | Mission Winter Break – creative cooking with Wanda at the Domino Effect’s Workshop | Live broadcast – creative cooking for children and parents under the Mission Winter Break project. |
| 4. | January 2021 | Publication of the “Have Courage!” thematic brochure | Publishing a thematic brochure on the topic of courage and its importance. |
| 5. | January 2021 | Mission Winter Break | A project for children and parents organised during the winter break. Every morning, for 17 consecutive days, the published texts encouraged kids and parents to do things together. These were ideas for what to do to spend each day creatively and actively despite all the pandemic-related restrictions. In the evening, as part of the #WolnyWieczór (#FreeEvening) campaign, articles were published that introduced parenting issues thematically linked to the activities proposed for the specific day. Also, a competition for the most interesting photo taken during the winter break was organised as part of the campaign. |
| 6. | January 2021 | “Creative Cooking with Wanda” competition | A competition for kids and their parents intended to raise awareness about nutrition and engage families in preparing meals together. |
| 7. | February 2021 | Publication of the “Change” thematic brochure | Publishing a thematic brochure on the theme of change. |

| NO. | DATE | EVENT | DESCRIPTION |
|-----|---------------|---|--|
| 8. | February 2021 | “Wolna Sobota” Magazine – “Where do women beggars come from” (Bangladesh) as part of the “Tenderness & Freedom” campaign | Talk with Dr Iftikher Mahmood from the HOPE Foundation for Women & Children of Bangladesh (supported by Kulczyk Foundation) which runs a maternity hospital and provides psychological support to women at the Cox’s Bazar refugee camp in Bangladesh. |
| 9. | February 2021 | 1st edition of a series of workshops on the topic of menstruation | A series of 4 workshops on the topic of menstruation and empowering women for educators from facilities covered by the Yellow Plate programme. |
| 10. | March 2021 | Periodic Coalition | On the initiative of the Foundation, establishing the Periodic Coalition – an association of organisations and female experts working to prevent period poverty and break menstrual taboos. Ceremonial reading of the Periodic Coalition’s Manifesto on 8 March. |
| 11. | March 2021 | “Self-dependents” online workshops | Workshops preparing the beneficiaries of a Kutno orphanage for self-dependence. |
| 12. | March 2021 | Publication of the “Trust” thematic brochure | Publishing a brochure on the subject of trust. |
| 13. | March 2021 | “Wysokie Obcasy” Magazine – “690 grams of Love” (Polish Medical Mission in Tanzania, ED8) as part of the “Tenderness & Freedom” campaign | Text about the Polish Medical Mission that runs a maternity hospital in Nyangao, Tanzania, referring to one of the episodes of the “Domino Effect” (season 8). |
| 14. | March 2021 | “Duży Format” Magazine – “My Intimate Life” (Poland, ED8) as part of the “Tenderness & Freedom” campaign | Text about sexuality and parenthood of people with physical disabilities as well as the activities of the AVALON Foundation, referring to one of the episodes of the “Domino Effect” (season 8). |
| 15. | March 2021 | “Wysokie Obcasy” Magazine – “To Save the Daughter” (Spain, ED8) as part of the “Tenderness & Freedom” campaign | Talk with Asha Ismail and Hayat Traspas from Save a Girl Save a Generation on how to oppose the practices of female genital mutilation (FGM) and other forms of violence such as forced marriage, as a reference to one of the episodes of the “Domino Effect” (season 8). |

| NO. | DATE | EVENT | DESCRIPTION |
|-----|------------|--|--|
| 16. | March 2021 | “Wolna Sobota” Magazine – “Roses that Sting less than Memories” (Bosnia and Herzegovina, ED8) as part of the “Tenderness & Freedom” campaign | Talk with Dr Branka Antić-Štauber, founder of the Snaga Žene (Women’s Strength) organisation which helps women to recover from the trauma of the Srebrenica genocide, as a reference to one of the episodes of the “Domino Effect” (season 8). |
| 17. | March 2021 | 2nd edition of the series of workshops on the topic of menstruation | A series of 4 workshops on the topic of menstruation and empowering women for educators from facilities covered by the Yellow Plate programme. |
| 18. | April 2021 | “Self-dependents” online workshops | Four workshops preparing for self-dependents, for the beneficiaries of 36 different orphanages. |
| 19. | April 2021 | “Wolna Sobota” Magazine – “Juju. Work and Be Silent” (Italy, ED8) as part of the “Tenderness & Freedom” campaign | Talk with Princess Inyang Okokon, founder of PIAM, an organisation that helps victims of human trafficking in Italy, as a reference to one of the episodes of the “Domino Effect” (season 8). |
| 20. | April 2021 | “Wysokie Obcasy Extra” Magazine – “Your Period is My Concern” (Uganda, ED8) as part of the “Tenderness & Freedom” campaign | Interview with Dr Emily Wilson, founder of Irise International, an organisation that works towards menstrual equality and a solution to period poverty worldwide, referring to one of the episodes of the “Domino Effect” (season 8). |
| 21. | April 2021 | “Wolna Sobota” Magazine – “I Have 12- and 13-year-old Girls at School Who’ve Become Mothers. I’m Fed up with Machismo and Governments Invoking God” (Guatemala, ED8) as part of the “Tenderness & Freedom” campaign | Talk with Juan Pablo Romero Fuentes, founder of El Patojismo (Guatemala), an organisation that fights against the culture of violence and machismo, by running an educational facility for children and teenagers at risk of exclusion, as a reference to one of the episodes of the “Domino Effect” (season 8). |
| 22. | April 2021 | 3rd edition of the series of workshops on the topic of menstruation | A series of 4 workshops on the topic of menstruation and empowering women for educators from facilities covered by the Yellow Plate programme. |
| 23. | May 2021 | “Open Your Eyes and See...” exhibition in Warsaw | Premiere of an exhibition on period poverty and related experiences of women from Central America and Africa. |

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | EVENT | DESCRIPTION |
|-----|---------------------|--|--|
| 24. | May 2021 | “Open Your Eyes” campaign of the Periodic Coalition | Kulczyk Foundation participating in the Periodic Coalition's campaign drawing attention to the "invisibility" of issues concerning menstruation. |
| 25. | May 2021 | International Menstrual Hygiene Day | Participating in the celebration of the International Menstrual Hygiene Day on 28 May. |
| 26. | May 2021 | “Self-dependents” workshop classes at the Domino Effect’s Workshop | Workshops preparing the beneficiaries of Pęchery and Równe orphanages for self-dependence. |
| 27. | May 2021 | “Self-dependents” workshop classes | Workshops preparing the beneficiaries of Kęty and Oświęcim orphanages for self-dependence. |
| 28. | May 2021 | Educational and culinary workshop classes for children at the Domino Effect’s Workshop | Organising four educational/culinary workshop classes for children and youths, based on the “Eat Healthily All Day” lesson plans. Workshop classes promoting the idea and key principles of healthy eating. These classes were organised online. A total of 554 children from 18 facilities took part in them. |
| 29. | May 2021 | “Wolna Sobota” Magazine – “A Neighbourhood of Great Hopes” (Costa Rica, ED8) as part of the “Tenderness & Freedom” campaign | Text about the work of the Sifais Foundation which carries out activities for children, adolescents, and women, thus creating positive change in the community living in the La Carpio slums in San José, the capital of Costa Rica, as a reference to one of the episodes of the “Domino Effect” (season 8). |
| 30. | May 2021 | Texts dedicated to the Menstrual Hygiene Day in Gazeta Wyborcza as part of the “Tenderness & Freedom” campaign | Interview with Thorsten Kiefer on the cultural perception of menstruation. |
| 31. | May 2021 | Report on the Periodic Coalition’s event launching the “Open Your Eyes” campaign – as part of the “Tenderness & Freedom” campaign | Photo report on the exhibition on period poverty. |
| 32. | May - December 2021 | Periodic Coalition – collaboration with Jeronimo Martins (Biedronka) under the “Together Let’s Start a Period of Changes” programme | Biedronka was providing menstrual products (sanitary pads and tampons) to the beneficiaries of the Periodic Coalition. |

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | EVENT | DESCRIPTION |
|-----|-----------|--|---|
| 33. | June 2021 | “Open Your Eyes and See...” exhibition in Poznań | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 34. | June 2021 | dr. Jan Kulczyk Scholarships for students – citizens of Ukraine | Providing social support to 40 politically, socially, and economically disadvantaged students from Ukraine. |
| 35. | June 2021 | Educational and culinary workshop classes for children at the Domino Effect’s Workshop | Organising nine educational and culinary workshops (5 online and 4 physical ones) for children and youths, based on the “Drink to Health” lesson plans. The classes are aimed at shaping a health-oriented attitude in children so that they can wisely choose what they consume. 952 children from 36 facilities took part in the classes. |
| 36. | July 2021 | “Open Your Eyes and See...” exhibition in Gdańsk | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 37. | July 2021 | Meeting of the standing subcommittee for social policy (the Sejm of the Republic of Poland) | Kulczyk Foundation’s representatives attending the period poverty meeting of the subcommittee for social policy. |
| 38. | July 2021 | 30. Jewish Culture Festival in Kraków, concert in memory of dr. Jan Kulczyk | 30. Jewish Culture Festival in Kraków, concert in memory of dr. Jan Kulczyk. |
| 39. | July 2021 | dr. Jan Kulczyk Scholarships | For the 22 nd time, scholarships were awarded to the most talented students and doctoral candidates of the Adam Mickiewicz University in Poznań. |
| 40. | July 2021 | Educational and culinary workshop classes for children at the Domino Effect’s Workshop | Organising five on-site educational and culinary workshops for children and youths, based on the “Drink to Health” lesson plans. The classes are aimed at shaping a health-oriented attitude in children so that they can wisely choose what they consume. 141 children from 5 facilities took part in the classes. |

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | EVENT | DESCRIPTION |
|-----|----------------|--|--|
| 41. | July 2021 | Menstruation workshop for journalists | Conducting a workshop on menstruation for journalists from Agora's editorial team. |
| 42. | August 2021 | "Open Your Eyes and See..." exhibition in Słupsk | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 43. | August 2021 | "Open Your Eyes and See..." exhibition in Wrocław | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 44. | August 2021 | Periodic Coalition – cooperation with Your Kaya | Your Kaya provided menstrual products (sanitary pads) to the beneficiaries of the Periodic Coalition. |
| 45. | August 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with the Friends of Children Society | Supporting the system of children's nutrition. Including 112 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 46. | August 2021 | "Affirmation of Femininity after Cancer Treatment" classes of the La vie La vie Foundation at the Domino Effect's Workshop | Latino dance workshops for female cancer patients, as part of a Kulczyk Foundation grant. |
| 47. | September 2021 | Sekson conference organised by the AVALON Foundation – Direct Assistance for the Disabled | Kulczyk Foundation participating in a Sekson conference to raise awareness about the sexuality of people with physical disabilities. |
| 48. | September 2021 | "Open Your Eyes and See..." exhibition in Szczecin | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 49. | September 2021 | Launch of the joint project with Rossmann – "Sanitary Pads at School for Every Girl" – as part of "Helping Women as Best We Can" | Under the "Sanitary Pads at School for Every Girl" programme, which covered 96 primary and secondary schools all over Poland, a year's supply of sanitary pads was provided for schoolgirls. In addition, each school participating in the programme has a "Kulczyk Foundation Volunteer Service" through which female students promote knowledge about menstruation in order to de-taboo this topic among their female and male schoolmates. Teachers, in turn, received specially developed educational materials on puberty and menstruation which they discuss with their girl and boy students during lessons or organisational meetings. |

LIST OF KULCZYK FOUNDATION'S ACTIVITIES

| NO. | DATE | EVENT | DESCRIPTION |
|-----|----------------|--|---|
| 50. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Warsaw-Praga Diocese | Supporting the system of children's nutrition. Including 3 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 51. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Radom Diocese | Supporting the system of children's nutrition. Including 5 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 52. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Kraków Archdiocese | Supporting the system of children's nutrition. Including 3 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 53. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Toruń Diocese | Supporting the system of children's nutrition. Including 3 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 54. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Szczecin-Kamień Archdiocese | Supporting the system of children's nutrition. Including 7 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 55. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Łódź Archdiocese | Supporting the system of children's nutrition. Including 2 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 56. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas Poznań | Supporting the system of children's nutrition. Including 6 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 57. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Koszalin-Kołobrzeg Diocese | Supporting the system of children's nutrition. Including 5 facilities in the programme as part of implementation of the Yellow Plate programme. |

| NO. | DATE | EVENT | DESCRIPTION |
|-----|----------------|---|---|
| 58. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Gdańsk Archdiocese | Supporting the system of children's nutrition. Including 7 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 59. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Drohiczyn Diocese | Supporting the system of children's nutrition. Including 6 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 60. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Katowice Archdiocese | Supporting the system of children's nutrition. Including 6 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 61. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Łomża Diocese | Supporting the system of children's nutrition. Including 1 facility in the programme as part of implementation of the Yellow Plate programme. |
| 62. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Siedlce Diocese | Supporting the system of children's nutrition. Including 3 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 63. | September 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Gniezno Archdiocese | Supporting the system of children's nutrition. Including 5 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 64. | September 2021 | "Self-dependents" workshop classes | Workshops preparing the beneficiaries of Wielgie, Golub-Dobrzyń, and Rypin orphanages for self-dependence. |
| 65. | September 2021 | "Self-dependents" workshop classes | Workshops preparing the beneficiaries of a Kraków orphanage for self-dependence. |
| 66. | September 2021 | "Women Know What They're Doing" – talks during a "Wysokie Obcasy" Magazine conference in Lublin | Presentation on period poverty during the "Women Know What They're Doing" conference. |

| NO. | DATE | EVENT | DESCRIPTION |
|-----|--------------|---|--|
| 67. | October 2021 | "Open Your Eyes and See..." exhibition in Toruń | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 68. | October 2021 | Joint project with Rossmann – "Sanitary Pads at School for Every Girl" – as part of "Helping Women as Best we Can" | Providing sanitary pads and pad dispensers to schools covered by the programme. |
| 69. | October 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Białystok Archdiocese | Supporting the system of children's nutrition. Including 1 facility in the programme as part of implementation of the Yellow Plate programme. |
| 70. | October 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with Caritas of the Kielce Diocese | Supporting the system of children's nutrition. Including 8 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 71. | October 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with the SOS Children's Villages Association in Poland | Supporting the system of children's nutrition. Including 17 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 72. | October 2021 | Conclusion of the agreement on execution of the Yellow Plate programme with the Polish Red Cross | Supporting the system of children's nutrition. Including 29 facilities in the programme as part of implementation of the Yellow Plate programme. |
| 73. | October 2021 | "Self-dependents" workshop classes | Workshops preparing the beneficiaries of Żary, Szprotawa, and Lubsko orphanages for self-dependence. |
| 74. | October 2021 | Educational and culinary workshop classes for children at the Domino Effect's Workshop | Organising four on-site educational/culinary workshop classes for children and youths, based on the "Taste Health" lesson plans. Workshop classes promoting the idea and key principles of healthy eating. A total of 97 children from 6 facilities took part in them. |

| NO. | DATE | EVENT | DESCRIPTION |
|-----|---------------|--|--|
| 75. | October 2021 | International Day of the Girl Child | Participation in the celebrations of the International Day of the Girl Child (a.k.a. the Day of Girls) is intended to draw attention to the fact that girls around the world face special challenges and that, to make sustainable development of the world possible, it is crucial to equalise the opportunities of girls with those of boys. This year's edition was held under the following motto: "Digital generation. Our generation". |
| 76. | October 2021 | Publication of a brochure for the International Day of the Girl Child | A collection of texts drawing attention to the fact that girls around the world experience unequal access to the use of social and economic achievements. They are exposed to discriminatory social norms and harmful practices. |
| 77. | November 2021 | "Open Your Eyes and See..." exhibition in Łódź | An outdoor exhibition on period poverty and related experiences of women from Central America and Africa. |
| 78. | November 2021 | Joint project with Rossmann – "Sanitary Pads at School for Every Girl" – as part of "Helping Women as Best we Can" | Training for programme coordinators at schools; providing the coordinators with lesson plans for students. |
| 79. | November 2021 | Conclusion of the cooperation agreement on execution of the Yellow Plate programme with the Warsaw University of Life Sciences | Providing consultations and content support to facilities participating in the Yellow Plate programme. |
| 80. | November 2021 | Educational and culinary workshop classes for children at the Domino Effect's Workshop | Organising eight (6 online, 2 physical) educational/ culinary workshop classes for children and youths, based on the "Taste Health" lesson plans. Workshop classes promoting the idea and key principles of healthy eating. A total of 443 children from 15 facilities took part in them. |
| 81. | November 2021 | Workshop classes for coordinators of the Yellow Plate programme entitled "Healthy Eating" as well as "Eating and Body Weight Disorders in Practice" at the Domino Effect's Workshop | Organising two physical workshops to present the most important principles of healthy eating and to focus on the problem of eating and body weight disorders in child development. The workshops were attended by 24 people responsible for execution of the Yellow Plate programme at facilities. |

| NO. | DATE | EVENT | DESCRIPTION |
|-----|---------------|--|--|
| 82. | November 2021 | Workshop classes for coordinators of the Yellow Plate programme entitled "Eating and Body Weight Disorders in Practice" at the Domino Effect's Workshop | Organisation of one online workshop to present the problem of eating and body weight disorders in child development. The workshop was attended by 24 people responsible for execution of the Yellow Plate programme at facilities. |
| 83. | November 2021 | Menstruation workshop for journalists | Conducting a workshop on menstruation for journalists from Agora's editorial team. |
| 84. | November 2021 | "Healthy Eating on Camera" competition | Competition for facilities covered by the Yellow Plate programme, intended to educate children about nutrition and engage them in joint preparation of healthy meals. |
| 85. | November 2021 | "Self-dependents" workshop classes | Workshops preparing the beneficiaries of a Kutno orphanage for self-dependence. |
| 86. | December 2021 | Workshop classes for coordinators of the Yellow Plate programme entitled "Eating and Body Weight Disorders in Practice" at the Domino Effect's Workshop | Organisation of one online workshop to present the problem of eating and body weight disorders in child development. The workshop was attended by 28 persons responsible. |
| 87. | December 2021 | Gingerbread baking workshop classes with the Museum of Toruń Gingerbread at the Domino Effect's Workshop | Workshops organised at the Domino Effect's Workshop. They were attended by nearly 400 children from 19 facilities participating in the Yellow Plate programme. It was a time of integrative fun that got all the children in a Christmas mood. |
| 88. | December 2021 | Publication of the "Hope" thematic brochure | Publishing a brochure on the subject of hope. |
| 89. | December 2021 | "Self-dependents in the Field" workshops | 5-day workshops in Kacze Bagno (Kurzędnik) preparing 16 beneficiaries of orphanages from all over Poland for self-dependence. |



