

2020

ANNUAL REPORT



KULCZYK
FOUNDATION



” The world belongs to the rebellious who have the courage to leap into the unknown and develop wings along the way. ”

Jan Kulczyk

The mission of the Kulczyk Foundation is to change the world to one where every woman and girl draws on her inner strength and talents. She is not afraid to pursue her dreams and fulfil her needs. She reaches for the most important goals, without shame or artificial barriers.

For the past 8 years we have been trying to build such a world by fighting against gender discrimination. During this time we have carried out aid projects in 65 countries on 6 continents. We have improved the lives of over 600,000 people.

Everywhere we go, we use the Domino Effect – actions that lead to lasting, positive change. This is how we called one of my most important projects – a series of reportages carried out with TVN television. In it, as a reporter, I showed discrimination against women and girls in different parts of the globe.

The Domino Effect is also a promotion of good practices – people and organisations who with their hard work and commitment have been trying to change the world around them for years. From East Asia, through India, to Africa and Latin America. Thanks to the TV programme, we were very often the first to give them the chance to show the positive effects of these actions.

However, it is a mistake to think that gender discrimination is a problem not found in Poland. This was shown in the first comprehensive report on menstruation in the country. The report prepared by my Foundation shows that as many as one in five women happened not to have access to menstrual products, and 42% of those surveyed admitted that menstruation was or still is simply not talked about in their family home. This is devastating data.

To change this, the Kulczyk Foundation fights every day for the rights, education and sustainable improvement of the health and lives of all women and girls. We want to get into the hearts and minds of everyone who can join this fight. Although we women make up nearly half of the world's population, we are still discriminated against. This is still a man's world, and real gender equality does not exist. You can help us!

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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Tax Identification Number (NIP):

7010414847

NATIONAL BUSINESS REGISTER NUMBER

(REGON): 147124722

NATIONAL COURT REGISTER NUMBER

(KRS): 0000471002

Date of entry in the Register of Associations:

24.07.2013

Date of entry in the Register of Entrepreneurs:

23.06.2015

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Anna Gajewska – Aid Projects Coordinator

Katarzyna Jankowiak – Aid Projects Coordinator

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Marta Tomaszewska – Educational Projects Department Director

Anna Samsel – Educational Projects Coordinator

Dorota Kuszyńska – Educational Projects Coordinator

Yellow Plate Programme Department:

Wioleta Szafryna – Yellow Plate Programme Department Director

Communications Department:

Mateusz Roszak – Marketing and ePR Coordinator

Administration Department:

Karolina Dusio – Administration Department Director

Agnieszka Szewczyk – Administration Specialist

Paweł Szymkowiak – Data Protection Officer

Zofia Jankowska – Domino Effect Workshop Assistant

Management Office:

Dominika Majchrzak – Management Board President's Office Director

Map OF KULCZYK FOUNDATION projects

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

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

South America:

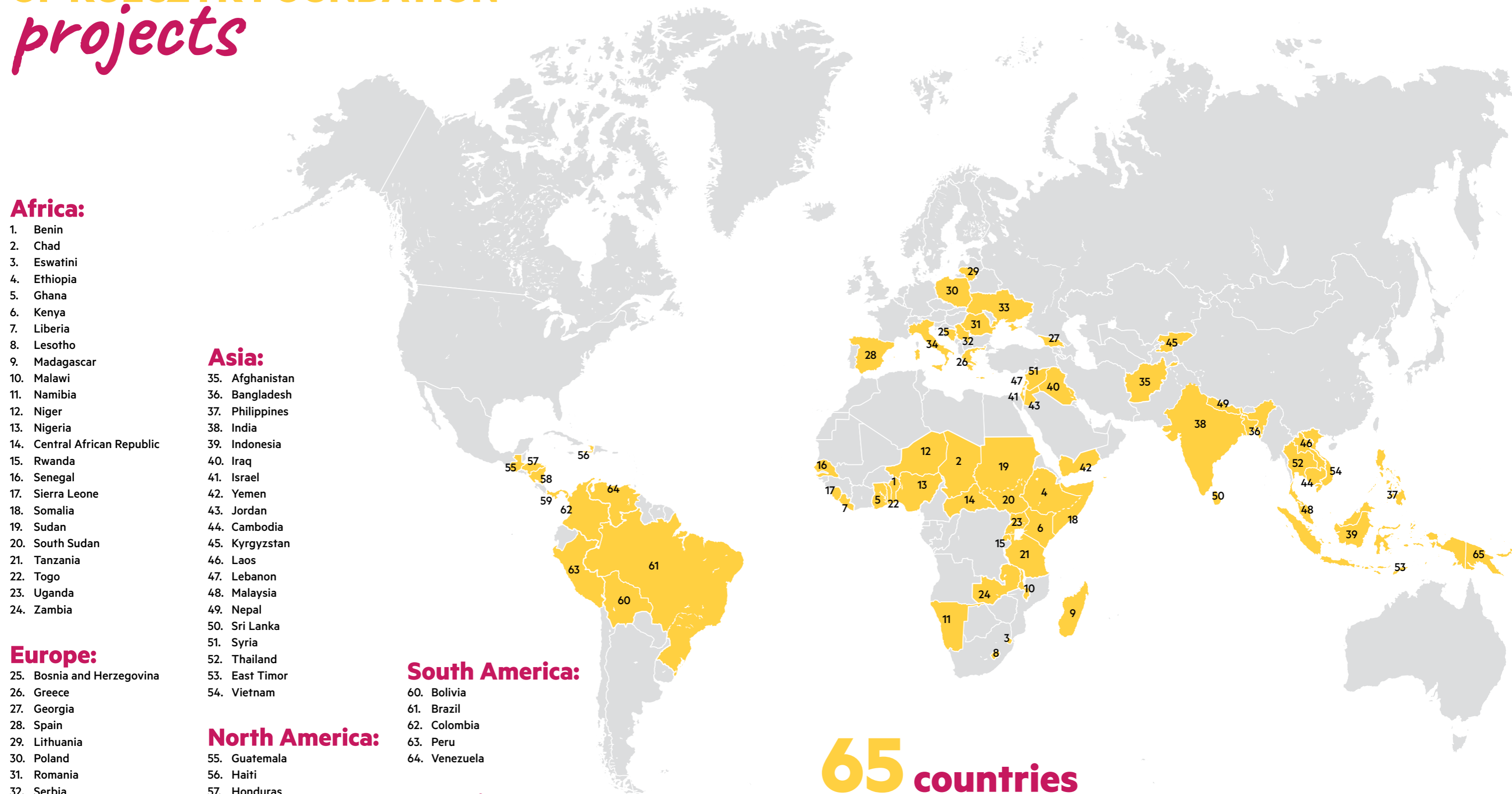
60. Bolivia
61. Brazil
62. Colombia
63. Peru
64. Venezuela

North America:

55. Guatemala
56. Haiti
57. Honduras
58. Nicaragua
59. Panama

Oceania:

65. Papua New Guinea



**65 countries
on 6 continents**

353 facilities participating in the Yellow Plate programme

over 15,000 users benefiting from the Yellow Plate programme

more than 1.2 million meals for children participating in the Yellow Plate programme

19,000 food parcels delivered during the pandemic lockdown under the Yellow Plate programme

more than 7 million meals served under the Yellow Plate programme since its first edition

approx. 12,500 cooperating teachers implementing Kulczyk Foundation scenarios throughout Poland

more than 1,000 people participating in educational webinars

approx. 1.9 million page views and downloads of articles and e-books for the “Tenderness and Freedom” campaign

approx. 2,000 female and male teachers in the Kulczyk Foundation education group on Facebook

60 episodes of the “Domino Effect” documentary series produced

3 from the “CNN Freedom Project” series produced in cooperation with the Kulczyk Foundation

73 organisations from Poland and all over the world involved in the production of the “Domino Effect” series and the “CNN Freedom Project” documentaries

over 600,000 beneficiaries of international projects in 65 countries on 6 continents

63 projects for women and girls carried out in 21 countries in connection with the “Domino Effect” and “CNN Freedom Project” documentaries

The problem of period poverty affects women all over the world, even those in the most developed countries. They often have to choose between health and comfort and feeding their families.

Menstruation





68% of women say they accept the fact that they menstruate.

42% of women admit that menstruation was not talked about at all in the family home; 25% find it an embarrassing topic.

24% of women think their period is dirty.

Difference report

Qualitative and quantitative research report prepared for the Kulczyk Foundation

” Access to Menstrual Hygiene Products is a Basic Human Right. ”



*Taboo, Stigma and Superstition!
About the period in the 21st century*

The Kulczyk Foundation has long been involved in counteracting period poverty by implementing aid projects in Poland, Kenya and Nepal, among others. Our foundation is increasingly active in this area. In May 2020, we published the results of a sociological study commissioned by the Kulczyk Foundation and conducted by Difference. Its theme was the social perception of menstruation in Poland, and the analysis of menstrual exclusion and poverty in economic, social and educational terms. It analysed the responses of almost 1,500 people – teenagers, adult women and men. The opinions of more than 90 female experts, teenagers and adult women, were also used.

Research has shown that in Poland one in five women do not have the money to buy appropriate sanitary pads. Moreover, the period is still a taboo. Publications that show menstruation in a realistic way arouse controversy and distaste, even among women themselves. For years, advertising spots that talked about menstruation put discretion first, reinforcing the need to hide it from the world. 42% of the women surveyed admitted that menstruation is or was not talked about at all in their family home. Despite the declared acceptance of menstruation, for many women it still remains an embarrassing topic and they are reluctant to talk about it. What is more, many myths and stereotypes about menstruation still exist in Poland, which reinforce both women's and men's misconceptions and thus perpetuate their wrong attitudes towards menstruation. As the survey showed, almost 30% of women think that it is impossible to get pregnant during this time and one in five believes that you should not bake cakes or pickle cucumbers during this time. Taboos at home, gaps in education among young people, mockery and jokes from peers translate, among other things, into girls not accepting their bodies, their femininity and sexuality. In some cases, lack of access to sanitary pads causes girls to miss school during menstruation, negatively affecting their education and future job prospects.

BLOODY PROBLEM – HOW TO STOP IT?

„It’s outrageous that girls around the world don’t have the chance to get a better education and women don’t have the chance to go to work because they are too poor to experience their period.”

Founders Pledge report

In October 2020, the second comprehensive document published by the Kulczyk Foundation addressing the issue of period poverty and exclusion saw the light of day. It is an English-language report entitled “A BLOODY PROBLEM: PERIOD POVERTY – WHY WE NEED TO END IT AND HOW TO DO IT”. This is the first study in the world to comprehensively analyse and evaluate the actions taken to combat these phenomena. It was created as a result of cooperation between the Kulczyk Foundation and Founders Pledge, an international non-profit organisation run by philanthropic entrepreneurs. Part of this initiative is Foundry, a group bringing together global business and entrepreneurial visionaries active in the charity sphere, joined by Dominika Kulczyk. Foundry members have access to a unique community of knowledge and experience from major international philanthropists and the tools to most effectively help around the world. The President of the Kulczyk Foundation is the first person from Central and Eastern Europe to join Foundry.

The “Bloody Problem...” report indicates that only USD 10 to 100 million a year is spent on fighting period poverty, while in the United States alone approx. USD 450 billion every year is spent on charity. So far, the menstrual health and hygiene sector has lacked an evidence base. For this reason, entities providing assistance in this sphere did not have comparable data identifying the full level of period poverty in the world. This is because the problem only began to be studied in the early 21st century.

The emergence of this study is an important development for organisations against period poverty. The report combines theory with practice, enabling the development of criteria for evaluating, and therefore financing, entities active in this sphere. It also points out that the period-related health and hygiene sector affects entire societies and is reflected in economics or education. Improvement in this area therefore requires a comprehensive and systemic approach. The authors of the report analysed the activities of 80 organisations focused on period poverty. Eight of these were selected as examples of the most effective aid providers.



THE FIGHT AGAINST PERIOD POVERTY IN KENYA

„Dancing allowed these children to dream. Education will enable them to make those dream come true.“



Smile Bank Project

The Kulczyk Foundation is the first entity operating on a global scale to support Project Elimu in Kenya. This collaboration began in 2018. Among other things, it funded educational scholarships for 120 children. The Foundation also provided funds for the development of Project Elimu’s arts programme and infrastructure. The organisation’s beneficiaries were also featured in one of the episodes of the sixth series of the documentary “Domino Effect” series.

In 2020, the Kulczyk Foundation and Project Elimu launched the original Smile Bank Project. Its aim is to tackle period poverty and combat the lack of knowledge about reproductive health among girls living in poverty districts in the Kenyan capital, Nairobi. The Smile Bank Project works to improve school attendance and raise self-esteem and social responsibility among young Kenyans.

As part of the collaboration, more than 1,000 girls between the age of 11 and 18 are provided with access to hygiene products necessary during menstruation (including sanitary pads, waste pouches and sanitary containers). Female beneficiaries also receive regular information on reproductive health. As a result of the COVID-19 pandemic, all schools in Nairobi were temporarily closed, including the Project Elimu facility. The organisation therefore donated hygiene products at local kiosks and provided reproductive health information via text messages.

The Smile Bank Project contributes to real change in the lives of teenage girls and has a positive impact on their health, confidence and mental well-being. With the support they receive, they have the opportunity to continue their education, develop their creativity and problem-solving skills.

Every year we carry out projects of an aid nature. We work systemically, supporting local charities around the world whose experience and expertise ensure a real, positive change. Providing wise, rational and thoughtful assistance triggers the Domino Effect.

A young girl with dark skin and hair is looking out from a window. She has her hands clasped together in front of her. She is wearing a colorful patterned headscarf and a blue and white patterned top. The window frame is made of rough, light-colored concrete. The background behind her is a dark, textured wall.

Aid projects

NEPAL

„ For women living in Nepal, menstruation is a time when instead of being proud to be women, they feel humiliated. ”



Combating taboos and menstrual exclusion

In some regions of Nepal, menstruation is still a taboo. Girls and women are not allowed to enter the kitchen or prepare food during their period. Sometimes girls are forced to move to extended family during their first menstruation. Then there are those places where the legally forbidden custom of *chhaupadi* is still practised – which means that both girls and women are not allowed to spend the night at home during menstruation. Instead, in many cases they have to spend nights in the shed together with the animals.

The fight against menstrual taboos and exclusion in Nepal is led by the international organisation Days for Girls, working to

educate girls and women on reproductive health, among other issues. The organisation runs training courses in which both boys and girls take part. In the course of these, the former obtain the necessary knowledge about the processes that take place in the body during puberty, while girls learn how to take care of their reproductive health. They also receive sets of eco-friendly reusable sanitary pads.

With support from the Kulczyk Foundation, Days for Girls Nepal provides reproductive health training to 2,000 women. In the course of that training, participants receive sets of reusable sanitary pads that serve them for years.

CAMBODIA

” Here, dancing is a shield that gives the children self-esteem and strength.”

Breakdance and hip-hop can be a tool to fight addiction and crime among children and young people

Over 4 million Cambodians are at risk of poverty, and one of the biggest challenges to the country's continued development is ensuring access to education. Children and young people, instead of attending school, often have to work in order to be able to support their families financially. Unfortunately, they also sometimes engage in criminal activities. They believe it will help them get out of poverty faster.

Children in Cambodia at risk of drug addiction, domestic and sexual abuse or joining criminal groups, among other things, are helped by the local organisation Tiny Toones. The aim of the organisation is to provide a safe environment for its pupils and to channel their energy into breakdancing and hip-hop to give them the motivation to learn. Through activities that develop creativity, the organisation helps children and young people build self-esteem. This is crucial for them to pursue their dreams and find employment in the future.

The Kulczyk Foundation supported Tiny Toones activities by funding a performance attended by the organisation's beneficiary students. The Foundation also helped to cover the organisation's administrative costs.



POLAND

„ Children from orphanages have lots of dreams, but they generally lack the belief that dreams can become true. ”



The first step into adult life

On reaching adulthood, orphanage children face the necessity of becoming independent. Many encounter barriers preventing them from entering adult life, which are often the result of difficult access to education or the labour market.

Support in starting a new adult life is offered by the One Day Foundation. Its aim is to help children from orphanages and educational care facilities in Poland. The organisation runs, among other things, a year-long training programme called Usamodzielnieni [Self-Dependent], aimed at people aged between 16 and 26 who leave orphanages and educational care facilities. As part of this, the foundation supports young people in gaining work experience in their chosen profession through courses, training, further education and foreign language learning.

The Kulczyk Foundation has been working with the One Day Foundation since the beginning of 2019, helping children from orphanages and educational care facilities in Poland. Our Foundation also supported a project of this organisation, carried out together with the Warsaw University of Technology – the Usamodzielnieni.pl online platform, which is a compendium of practical knowledge for adolescents from orphanages. It contains, among other things, information on available jobs and courses as well as instructional videos.

SENEGAL

„ I think Senegal is one of those places where I have seen the most suffering among children. Here, children are slaves. They are sold, imprisoned, abused. ”

Fight for freedom for boys attending illegal Koranic schools

It is common practice in Senegal to study the Koran and send children to Koranic schools (daaras) where students, so-called talibes, acquire the required religious knowledge. Around 100,000 boys attending Koranic schools in Senegal are condemned to nightmarish living conditions every day. They are forced to beg for food and sometimes even money for their teachers – the marabouts.

The Maison de la Gare organisation helps the Taliban children, both those who beg for food and money on the streets every day between Koran lessons, and those who have fled their schools, living on the streets. The Maison de la Gare supports its pupils

in their education and provides them with access to vocational training, sports and artistic activities as well as medical and psychological support. It also helps them to return to their homes, often very far away.

The Kulczyk Foundation supported the Maison de la Gare's efforts to help children forced to beg by donating funds for the purchase of an all-terrain vehicle to be used by the organisation's staff during operational activities. Thanks to the support of the Kulczyk Foundation, mattresses for children were also purchased.



„ In this incredibly difficult reality in which the Roma live, it is girls and women who suffer the most. But they are at the same time the strongest links in these communities. ”

ROMANIA



Support for Roma children at risk of discrimination and social exclusion

Some statistical information shows that there are approximately 2 million Roma living in the more than 21-million-strong Romania. Although they are officially full citizens of this country, on average one in three of them experiences discrimination on the basis of their origin. Roma are also at risk of poverty, have difficulty finding official employment and often have no access to education.

The Policy Center for Roma and Minorities is a Romanian NGO founded in 2008. It works, among other things, for the social integration of Roma and its aim is to empower them to become active citizens of the communities in which they live. The organisation runs an alternative education programme for Roma children, providing them with an open and safe space to learn and develop. Children participating in the programme not only learn to write and read in Romanian and English, but can also benefit from sports, arts and cultural activities.

The Kulczyk Foundation supported the sexual education programme run by the Policy Center for Roma and Minorities for girls of Roma origin and financed annual dance classes for the organisation's beneficiaries.

„ IHMP beneficiaries are bringing hope to millions of women peers across India. They know that only education can guarantee them a better future. ”

INDIA



Medical and educational support for young married women

India is the country with the highest number of underage marriages in the world. Marriages involving girls under the age of 15 account for almost 50% of all marriages in the country. As a result of marrying so early, girls become pregnant at a very young age, often resulting in serious health issues.

The Institute of Health Management Pachod (IHMP) offers girls and women medical support and access to health promotion education. As part of the programme for adolescent wives, home visits are conducted to provide health education to women and to delay pregnancy and increase the interval between pregnancies. In addition, pregnant women can benefit from free medical examinations, and adolescent girls have the opportunity to participate in training sessions where they learn about their rights and how to exercise them.

The Kulczyk Foundation supported the IHMP by funding the organisation's efforts to ensure that adolescent girls have access to education and health and sexual support.

POLAND – FIGHT AGAINST COVID-19

„ We have to be there for each other more than ever. Let's not forget that more than half of the medical staff are women.”



Support for health workers to deal with the impact of the coronavirus pandemic

In March, Dominika Kulczyk, President of the Kulczyk Foundation, donated PLN 20 million to the Doctors for Doctors Foundation (Fundacja Lekarze Lekarzom) to purchase tens of tons of essential medical equipment. In the second half of April, an unprecedented aid operation was carried out – equipment was flown from China to Poland on four planes.

Bringing the precious cargo into our country turned out to be a massive and complicated logistical operation. Many organisations got involved selflessly. The entire process of selecting and contacting a manufacturer from China was handled by the Polish-Chinese Business Council. The masks, protective suits, visors and goggles produced for the Doctors for Doctors Foundation were delivered in batches to Guangzhou Airport. They were then transferred on modern Dreamliner planes owned by LOT. The transport was paid for by the Prime Minister's Office and its status was described as a humanitarian action. The first plane with medical equipment purchased thanks to Dominika Kulczyk's donation landed at Ławica Airport near Poznań on 15

April. The goods from Guangzhou were transported to Poznań, where a real logistical base was organised in the hall of the Poznań International Fair thanks to the city authorities and with the support of local activists from the Lions Club Poznań Pillory business organisation. From there, the equipment was transferred to the district medical chambers. Also involved in the unloading and delivery were Raben Group, the Academy of Land Forces from Wrocław and the 12th Greater Poland Territorial Defence Brigade.

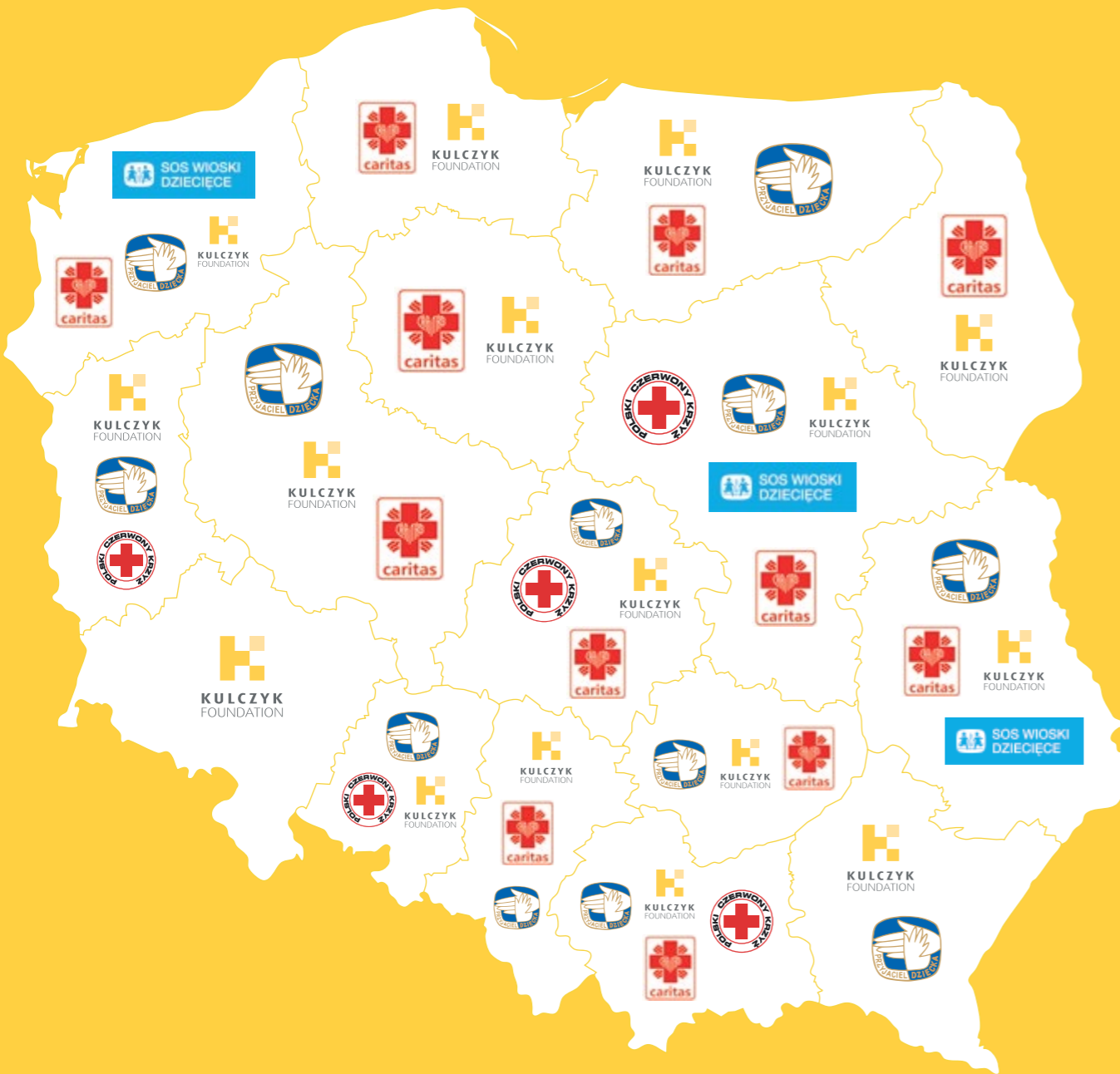
Further transports arrived in the capital of Greater Poland on 20, 26 and 27 April. A total of 57 tonnes of medical equipment, occupying as much as 470 m³, passed through Ławica, near Poznań. In total, thanks to Dominika Kulczyk's donation, one million surgical masks, 1.5 million N95 filter masks, 100 thousand protective suits, 100 thousand visors and 100 thousand goggles were imported to Poland from China. The equipment was donated to medical staff across the country.



ŻÓŁTY TALERZ

Aid projects





The largest privately funded child nutrition support programme operating in school canteens and day care centres

In the fourth edition of the Yellow Plate, the Kulczyk Foundation invited the following to help together:

Caritas of the Archdiocese of Kielce, Caritas of the Diocese of Radom, Caritas of the Archdiocese of Katowice, Caritas of the Diocese of Toruń, Caritas of the Archdiocese of Gdańsk, Caritas of the Archdiocese of Szczecin, Caritas of the Diocese of Koszalin-Kołobrzeg, Caritas of the Archdiocese of Poznań, Caritas of the Archdiocese of Gniezno, Caritas of the Archdiocese of Kraków, Caritas of the Diocese of Drohiczyń, Caritas of the Diocese of Warsaw-Praga, Caritas of the Diocese of Łomża, Caritas of the Archdiocese of Łódź, Caritas of the Diocese of Siedlce, Caritas of the Diocese of Białystok, the Polish Red Cross, the Friends of Children Society (Towarzystwo Przyjaciół Dzieci), SOS Children's Villages.



ŻÓŁTY TALERZ

In August 2020, we completed the 4th edition of the programme, which differed significantly from the previous ones due to the introduction of an epidemic emergency in March. We partly changed the formula for providing aid.

The Yellow Plate programme has been implemented by the Kulczyk Foundation in cooperation with community partners since 2016. For many children it is the only chance to have a warm meal during the day. As part of this, we cooperate with many proven social partners: diocesan and archdiocesan branches of Caritas, the Polish Red Cross, the Friends of Children Society, SOS Children's Villages. This is a unique alliance of Polish aid organisations for children in need.

Approximately 14,000 children from over 340 facilities across the country participated in the fourth edition of the Yellow Plate programme. As part of it, we gave out almost 2 million full meals and 4.8 thousand food parcels.

Nutrition education was a very important pillar of the programme, in addition to meal funding. We have carried out a number of activities to raise nutritional awareness among children and adults. We were supported in this by experts from the Faculty of Human Nutrition Sciences at the Warsaw University of Life Sciences. The university was, as in previous years, the programme's contents partner.

With the start of the new school year, in September 2020, the Kulczyk Foundation launched the next edition of the Yellow Plate – a programme to support the child nutrition system. Over 350 educational and child care institutions from all over Poland have signed up to take part. As a result, as part of the 5th edition of the Yellow Plate, approx. 15,000 children will receive support in the form of meals and food parcels.



As of April 2020, the Kulczyk Foundation has expanded the scope of actions to support the programme's beneficiaries during an epidemic emergency. The Foundation established cooperation with the British Primary School of Wilanów, thanks to which 300 warm, wholesome meals were delivered daily to the homes of children in need in Warsaw and the surrounding area. Another participating charity organisations involved: the Friends of Children Society, Caritas of the Diocese of Warsaw-Praga and Stowarzyszenie Serduszko dla Dzieci [Heart for Children Association]. As part of this cooperation, we have provided more than 15,700 meals for the most needy children. However, schools and common rooms remained closed until the end of the school year. We therefore continued to provide meals to individual people and to families with many children. Funds from the Yellow Plate programme were used to purchase food, and our coordinators, school educators and staff from other facilities prepared food parcels. They were then delivered to the doors of needy children and their families, and with all the safety rules in place. Wholesome meals build up immunity. In addition to the basic, most necessary products (flour, rice, pasta, milk or oil), our parcels also contained plenty of fruits and vegetables. On Children's Day, the little ones received parcels of delicious sweets.

In addition to nutritional support, nutrition education is also an important aspect of the Yellow Plate programme. We organised two family competitions. The first of these, entitled #stayathome and share a recipe!, involved composing a delicious meal using ingredients only from the Yellow Plate product list and posting a photo along with the recipe. The second competition was to compose a tasty, healthy breakfast and also post a photo with the recipe on Facebook. The competitions were very popular and aimed at raising food awareness and involving families in preparing healthy meals together.

In 2020, we funded a number of educational workshops for children that took place in the facilities. The institutions participating in the programme have the possibility to use part of the grant received from the Kulczyk Foundation precisely for educational activities. We have also made it possible for the facilities to finance workshops and invite nutritionists and nutrition educators to their day care centres or schools.

Helpline for Children and Youth 116 111 run by Fundacja Dajemy Dzieciom Siłę [We Give Strength to Children Foundation] has been operating since 2008



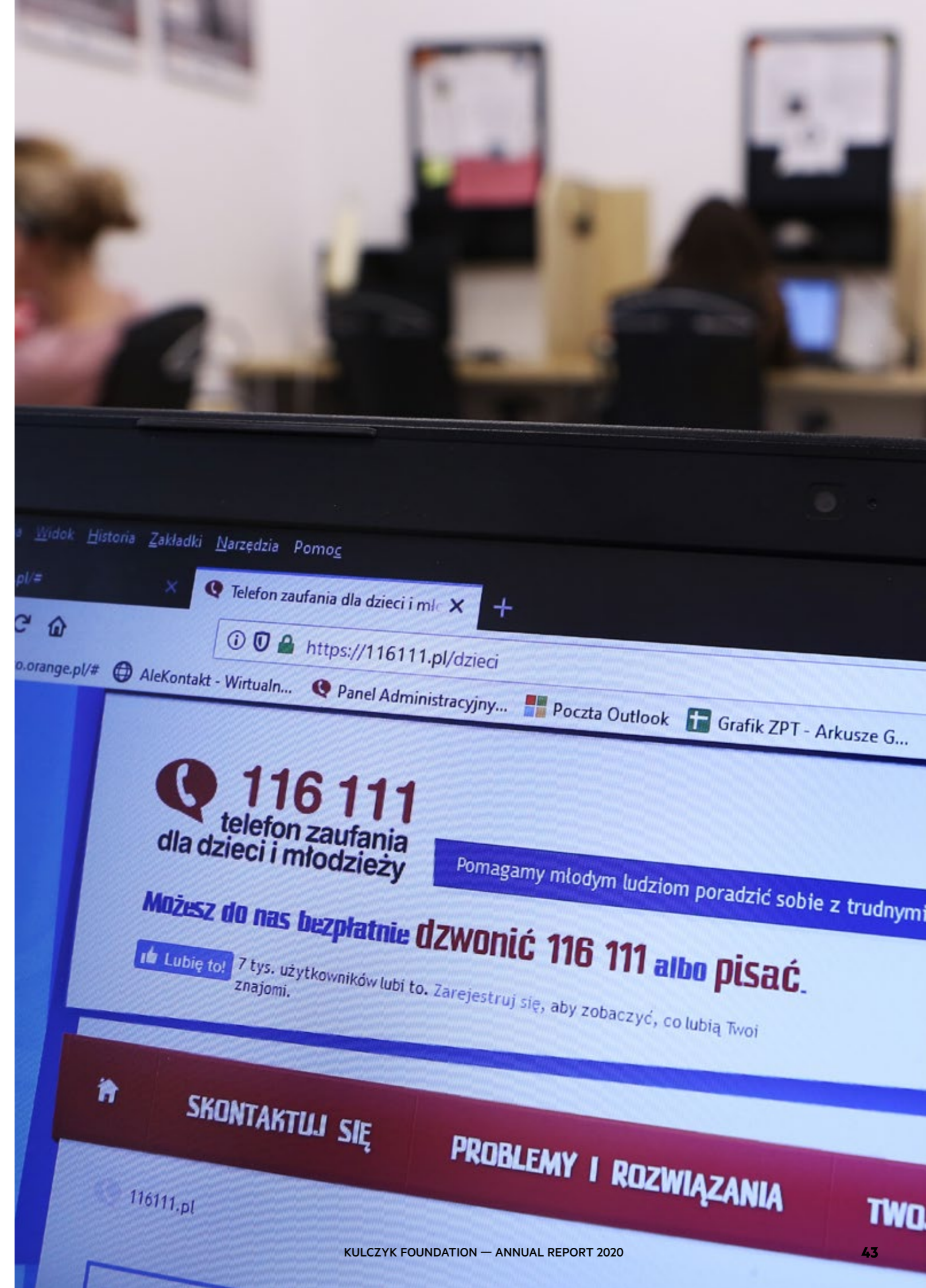
In 2020 the Kulczyk Foundation ensured that the line would operate at night, making it available round-the-clock. The helpline is used by young people who cannot cope with their current situation. They report problems ranging from those typical of their age to particularly difficult cases of violence, harassment or abuse. During the restrictions caused by the coronavirus pandemic, these phenomena are unfortunately reported more and more often. Household members who are confined to the home for weeks experience fear and anxiety, and this may result in violence, where the weakest – the children – are the most frequent victims. The only salvation for many is to speak to a Helpline consultant.

Most of the calls received during the night duty period are between

10 PM and 2 AM

These night calls are characterised by a longer call duration. Children and adolescents are then also accompanied by the most difficult emotions, combined with suicidal thoughts, depression, domestic violence, anxiety, fear, loneliness. In 2020 the calls also concerned the coronavirus pandemic. The children were afraid for themselves, for their loved ones, and often felt lost.

In addition to telephone aid during night duty, helpline consultants provide online support for children. Data from the Fundacja Dajemy Dzieciom Siłę on the spring lockdown shows that around 27% of children experienced some form of abuse, with one in ten becoming victims of physical or psychological violence. The same number had been sexually abused, and more than 5% of respondents had witnessed domestic violence between parents or against siblings. In situations of immediate danger to life or health, the consultants intervene by notifying the relevant services. Their number is, unfortunately, continuously increasing.



Women after breast reconstruction, schoolgirls having problems with access to personal hygiene products during their periods, women and girls with disabilities benefiting from a specialist gynaecological surgery, victims of violence from Belarus or village housewives – they will all benefit from financial support granted as part of the 8th series of the Kulczyk Foundation's Grant Competition. As many as 11 winning projects received a total of almost PLN 250,000.

The competition jury analysed over 200 applications submitted by foundations, local government organisational units and associations. All the applications had one thing in common – the implementation of projects to improve the situation of women. The competition was open to NGOs, associations, foundations, cooperatives, cultural institutions, social enterprises and even local government units. However, there is one condition – the beneficiaries or entities implementing the submitted projects must be women or girls. This year's edition is the first to introduce this requirement.



„It's the time of women. They need to be supported in their wisdom and strength, helped to realise their ideas about themselves and the projects they are in.”

The following projects were supported in the framework of the 8th series of the Kulczyk Foundation's Grant Competition:

- subsidising reconstructive nets and specialist sports corsets for women after breast removal
– **Fundacja La Vie La Vie foundation,**
- providing 100 boxes of sanitary pads in several dozen schools in Lower Silesia
– **Lower Silesian Women's Congress Association from Wrocław,**
- providing 25 schools across Poland with sanitary pads, tampons and pads for schoolgirls for one year
– **Akcja Menstruacja [Menstruation Action] foundation,**
- purchase of equipment for a gynaecological and obstetrics surgery for women and girls with disabilities
– **Fundacja Potrafię Pomóc [I Am Able to Help Foundation] from Wrocław,**
- adaptation of a day-care centre for children of working mothers
– **Social Welfare Centre from Gozdnica,**
- creation of a women's activity centre, where creative workshops and sensitisation activities for the visually impaired, the blind and deaf, as well as those undergoing oncological treatment, will be held
– **Bytom Cultural Centre,**
- bathroom renovation and purchase of equipment for the meeting room
– **Rural Housewives Association in Gulzów,**
- creation of an urban farm in Warsaw's Wawer district
– **Stowarzyszenie Serduszko dla Dzieci [Heart for Children Association],**
- a series of meetings inspiring and facilitating the return to professional life for women incarcerated in penitentiary institutions
– **Truckers Life Foundation,**
- a programme of presentations, online workshops and webinars by women folk artists, heritage owners and craft-people
– **World Heritage Museum Foundation,**
- adaptation and renovation of a wooden house for victims of violence and the patriarchal system from Belarus, together with the implementation of an educational and artistic programme by independent circles of Belarusian artists
– **Association of Young Artists – Ku Teatrowi [Towards the Theatre].**

Our documentaries highlight the problems of communities around the world and the related activities of NGOs supported by the Kulczyk Foundation.

Images from the “Domino Effect” series are created thanks to the cooperation with TVN – the largest private television station operating in Poland. The result of this cooperation are also other documentaries awarded at film festivals around the world.



Documentaries

Domino Effect

7. SERIES

In the 7th series of the TVN Discovery documentary, Dominika Kulczyk presented stories of people struggling with many forms of exclusion in different latitudes, e.g. in India, Senegal, Cambodia, but also in Poland. The founder of the Kulczyk Foundation gave voice to those who are hardly heard on a daily basis, women and girls above all.



As every year, the “Domino Effect” awakens from lethargy and raises awareness of suffering. It shows human lives behind the statistics and numbers. In her documentary series, Dominika Kulczyk reminds us of the need for human solidarity and gives hope for a better life to those she meets. Women and children are particularly vulnerable to exclusion, which is why the “Domino Effect” so persistently insists on their dignity.

The 7th series of the “Domino Effect” includes the following episodes:

- “Taboo” (Nepal)
- “From Gangster to Hero” (Cambodia)
- “Adult Children” (Poland)
- “Street Children” (Senegal)
- “The Forgotten” (Romania)
- “Forced to Marry” (India)

„Ugur Gallenkus’ work shocks, makes you think and reflect. In his collages, he juxtaposes two worlds: the rich, consumerist West with poverty, hunger and deprivation in areas of armed conflict. He brings global inequality and injustice to the world’s attention.”



Part of the promotion of the 7th series of the “Domino Effect” was a mural campaign featuring the work of Turkish artist Ugur Gallenkus. His photographic collages, like Dominika Kulczyk’s reportages, are sensitive to suffering and injustice. They show how different our everyday life can be from the situation of people living in other countries. Seven photographic collages by Gallenkus appeared this spring on the walls of buildings in five Polish cities – Warsaw, Wrocław, Kraków, Łódź and Gdańsk.

Longer DOCUMENTARIES

As part of the activities conducted by the Kulczyk Foundation, longer documentary films are produced. Their aim is to develop and deepen some of the difficult topics covered in the various episodes of the “Domino Effect”.

These films are appreciated all over the world. They take part in international film festivals, often winning prizes. The jury often draws attention to their artistic qualities, but above all stresses the importance of the issues they address.

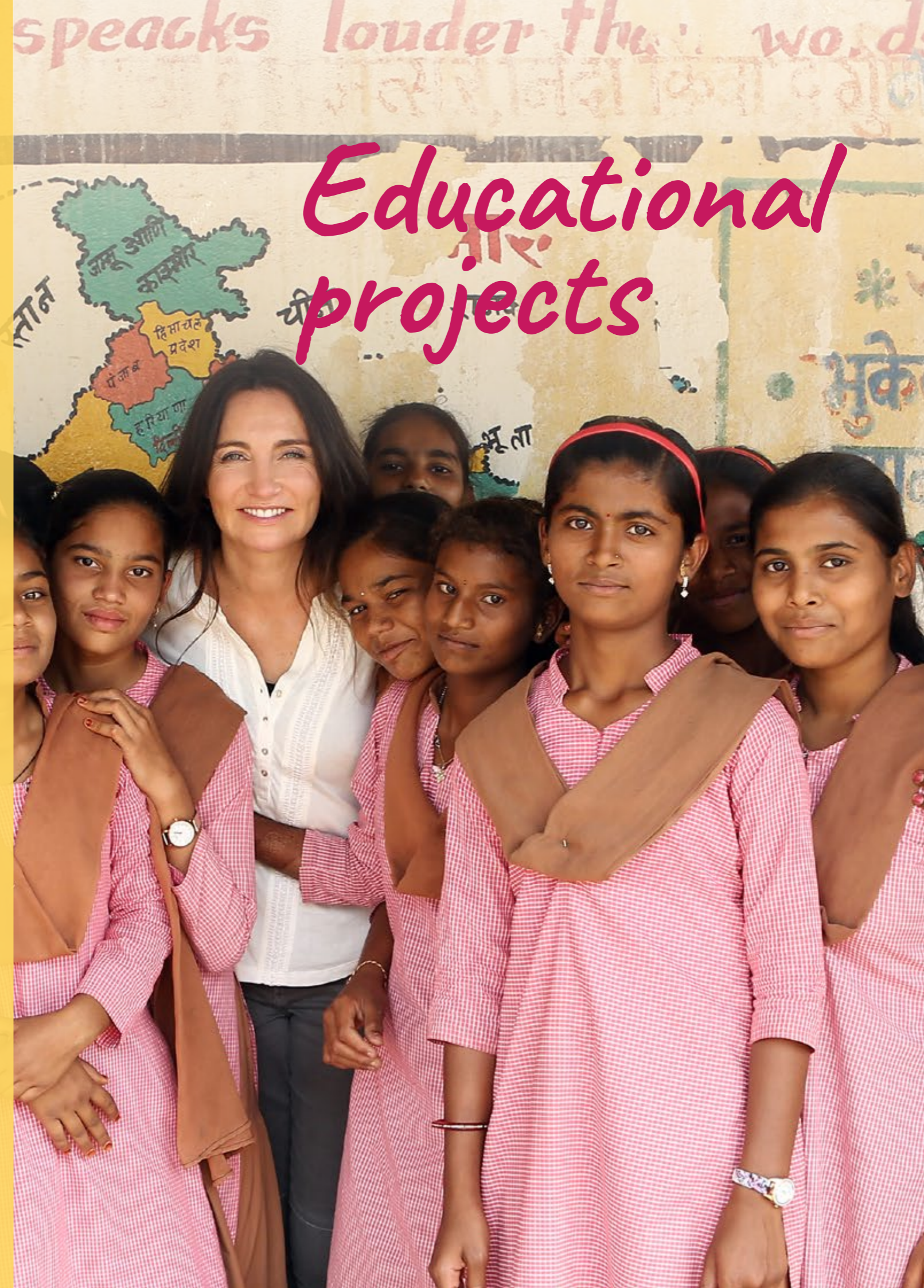
In 2019, the picture “For Our Children” drew particular attention from international audiences. In February it was recognised at the American Golden Picture International Film Festival in Jacksonville, and in November at the 11th Awareness Film Festival in Los Angeles and the AFIN International Film Festival in Queensland, Australia (best festival documentary). “For Our Children” portrays the plight of refugees from Venezuela, mostly women, seeking a better life in Colombia.

Another awarded documentary film was “The Sound of Silence”. In February it was awarded Best Documentary Cinematography at the European Cinematography Awards international film festival, and in April it was awarded the Remi Award in the short documentary category by the jury of the 53rd WorldFest-Houston International Film Festival.

In April 2020, the film “All Her Scars” had its TV premiere on TVN. It is a story full of suffering, but also love. It tells the life story of Bella Galhos, an activist from East Timor who fought years ago for the freedom of her homeland and now for women’s rights. Her life perfectly illustrates the problems that East Timor has faced and continues to face.



Awareness-raising, followed by the development of competences necessary to recognise and challenge stereotypes, to go beyond them, to release strength and authenticity and – as a consequence – to actively work for gender equality, is key to building a world free of gender-based limitations, enabling the realisation of the potential of each and every one of us.



Educational projects

Changing AWARENESS

“It’s so hard to be a girl here” said one of the “Domino Effect” protagonists. Her voice, though singular, could be the voice of countless girls around the world.

First domino tile

Questioning stereotypes is the first step to freedom. It requires empathy, critical thinking, awareness of one’s values and communication skills. Going beyond stereotypes, on the other hand, requires courage, inner strength and strong social networks.

This is why, in order to set this positive domino effect in motion, we are undertaking a range of activities aimed at raising awareness of oppressive beliefs and stereotypes, both individually and socially. We work together with educational institutions, teachers, educators from community centres, and through them also with children and young people. The timing of the pandemic made us focus on creating themed packages and online activities. The brochures “Children in Lockdown”, “Back to School”, “Adolescence Matters”, “Beyond Stereotypes” and “Freedom in Times of the Pandemic” were created, addressing issues that relate to both universal and current situations. The materials included articles, studies and extras – posters and practical tips.

A series of webinars has also been established: “Ah, Those Emotions. Talking about Feelings and Emotions”, “All the Things that Matter. On Values in the Time of the Pandemic”, “On Freedom in the time of the Pandemic”, in which we encouraged teachers to use our lesson plans and take up with their pupils the themes of emotions and values, as well as the freedom to be oneself. Those involved in education are also welcome to join our Facebook group “The Domino Effect. Female Teachers’ Group”. We keep its members informed about our activities and materials, but also help them share their experiences, inspirations and reflections. There are already over 2,000 of us and the group is constantly growing!

We also take care to develop our website to provide teachers and parents with inspiration for their daily work in the spirit of empowering children and young people.



International GIRL'S DAY



Building awareness of gender (in)equality

International Girl's Day is an opportunity to remind ourselves of the problems that girls and young women around the world have to face every day. Menstrual exclusion, violence, ritual mutilation, forced marriages, difficult access to education, low-paid jobs, social inequality are still an everyday reality in many parts of the world. The Kulczyk Foundation raises public awareness of these problems, but also creates its own campaigns and supports organisations around the world that carry out activities that give girls a chance to develop.

As part of the International Girl's Day, we prepared information materials and a series of short films based on excerpts from the documentary "The Domino Effect" series, illustrating the problems faced by girls, as well as educational materials – lesson plans and posters. We encouraged the organisation of events in kindergartens and schools, but also in libraries, community centres, day care centres and other educational facilities, to show the importance of gender equality and to provoke reflection on the subject by pupils, both at the global and individual level.

Social CAMPAIGNS

We have started a tender revolution

The pandemic has exposed what was previously easier to turn a blind eye to, difficult subjects that we were not prepared to tackle in our daily rush, postponing reflection until later. Suddenly, what previously felt as a nuisance, has fully revealed itself. We have seen that there is no balance where there is an excessive burden of responsibility on one side, a lack of commitment on the other, an inability to let go and a growing tension when we remain silent about what makes it so that, despite their declared equality, women and men are often not treated as equally important.

Campaign “Tenderness and Freedom. Let’s Build a Balance in Relationships” is a response to this situation. Its aim is to invite women and men to look at themselves with attention and tenderness: at their needs and motivations, their family relationships, which are particularly important at this difficult time, and which need to be sorted out in order to create a post-pandemic world with renewed energy. As part of the campaign, we talk about the sharing of responsibilities, the barriers that stand in the way of equality and freedom for women, and ideas on how to prepare yourself and your loved ones for the new world – and how to create it. It is particularly important for us to deepen our reflection on the three dimensions of women’s freedom – awareness, body and being. The aim of the nearly 200 materials – articles, e-books, additional materials for self-reflection, answers to readers’ questions, as well as live interviews and podcasts – is to present these areas in a way that draws readers’ attention to the impact of different beliefs and social norms on how women function and exercise their freedom, and the consequences this has for society as a whole. By diversifying the topics and publishing voices representing different perspectives, we want to encourage readers to find their own way to tenderness and freedom and to build balance in their relationships.

In October, we launched the “Let’s Be Girlfriends” series – an initiative in which anonymous questions are collected from female readers, which are often too embarrassing for them to ask their friends or ask someone for help, and then expert answers



are prepared. In this way, we support women in overcoming their shame so that they can break free from taboos with tenderness. Questions and answers are published twice a week on the Foundation’s website and “Wysokie Obcasy”.

We have published two e-books with the most interesting articles from the campaign, introducing the tender revolution – why it is necessary and where to start building a new, equal and tender reality in relationships.

In December we released our first podcast “Tenderness and Freedom” starting a weekly series of conversations about the tender revolution.

„ The time has finally come for a new, more feminine version of the world. Patriarchy and machismo are becoming a thing of the past. We must do our homework. Let us not miss this opportunity. More tenderness and more freedom. They start in our homes, families, relationships, connections. ”

The campaign was launched by the Kulczyk Foundation together with “Wysokie Obcasy” and Gazeta Wyborcza Foundation on 18 April 2020. All materials are available free of charge in both Polish and English on the website of the Foundation and “Wysokie Obcasy”, as well as in the Wyborcza.pl app.



It's always a good #TimeToConnect

The lockdown that many families were forced into in March 2020 required exceptional attentiveness and the ability to regulate one’s emotions, but also to deal with the emotions expressed by others. The need for a complete reorganisation of family life resulted in great tensions in many homes, but at the same time it created the conditions to start a dialogue about what is really important, about needs and boundaries, about ways to deal with and regulate feelings and emotions, about effective ways of communication.

To help parents face this challenge, the Kulczyk Foundation together with the Good Life Institute (Instytut Dobrego Życia, IDŻ) launched the #stayathome #timeforrelationship campaign. From 24 March to 1 June, short texts were published on the IDŻ website, helping to use this uneasy time to build relationships, inspiring and providing specific activity suggestions for children and parents. The 50 texts cover topics such as practicing empathy, dealing with anger, family gratitude practices, setting boundaries, building trust, among others. As part of the #timeforrelations campaign, we made recordings of 40 “Wise fairy tales from all over the world” read by celebrities and 9 children’s songs performed by Ewa Konstancja Bułhak available for free on Soundcloud. Short descriptions of the fairy tales have also been prepared for each recording, and texts as well as puzzles and colouring books for children can also be downloaded from the Foundation’s website. Many well-known people joined in to inform about the campaign, giving their voices to the heroes and heroines of our fairy tales. At the end of the campaign, we prepared the board game “Family Cosmos”. All the tasks the players have to perform – alone or together with their families – help develop empathy, practise cooperation and attentiveness. They also encourage conversations about dreams, emotions and feelings, both pleasant, such as joy, and unpleasant, such as anger, sadness or fear. “Flight plan” takes players through the Planet of Mindfulness, the Rain of Anger, the Rain of Joy or the Planet of Independence, among others.

The game was published in 113 thousand copies as an extra to “Gazeta Wyborcza” on Children’s Day. It can also be downloaded free of charge from the Foundation’s website as a printable version to be printed at home.

Dr. Jan Kulczyk Scholarships



University in Poznań (UAM) received Dr. Jan Kulczyk Scholarships from Dominika Kulczyk. This is the 21st edition of this scholarship programme.

For over 20 years now, every year doctoral students and undergraduates at Poznań's largest university have been awarded scholarships for very good results in their studies, outstanding academic achievements and activity for the university. This tradition began in 1998, when Grażyna and Jan Kulczyk made a donation that created a scholarship fund managed by the UAM Foundation. This year, due to the epidemic, the procedure for awarding the Dr. Jan Kulczyk Scholarships has been changed. The Chapter deliberated remotely and it was possible to organise the handover ceremony in the second half of June – only after some of the restrictions introduced by the government and university authorities had been lifted.

Since 2014, Ukrainian citizens studying in Poznań can also apply for scholarships. Each year 50 of them receive one-off financial support. The criteria are the student's financial situation and academic performance. In 2020, these scholarships were awarded and delivered in April.

The total sum of the Dr. Jan Kulczyk Scholarships awarded so far to Polish students and doctoral candidates at Adam Mickiewicz University is over PLN 2.1 million. Support for students of the Poznań university coming from Ukraine amounted to as much as PLN 900,000.



„ I know that these young but already outstanding people who have received scholarships will turn the knowledge they gain into positive changes that will benefit society as a whole. It is a great honour to have a part in this. ”

The Usamodzielnieni [Self-dependent] PROJECT



As part of the project, young people learn to build self-confidence and not to be afraid of adulthood. They get a chance to see the reality around them from a different perspective. They start to see their advantages, identify their strengths and turn this into an opportunity to get a job. They will learn the principles of CV writing and behaviour during job interviews. They are also given tips on how to look for a job effectively.

In 2020, together with the One Day Foundation, we ran classes for orphanage kids as part of the Usamodzielnieni [Self-Dependent] project. It is aimed at young people over the age of 16 in care institutions, who are on the threshold of adulthood. They often face barriers and constraints that are an obstacle to their entry into adult life. They don't know their rights and obligations or how to look for a job effectively. The pandemic and restrictions affected young people from these facilities more. Since March, they have been completely banned from leaving the facilities. Therefore, in some locations we were forced to limit the duration of the workshop to one day.

Everyone in the class can take the Gallup test, one of the most reliable and accurate psychological examinations. By demonstrating your innate talents, it greatly helps you to grow professionally and achieve your goals. On the basis of a test and an individual conversation with a coach, you can choose a vocational course or classes to help you choose your school or future profession.

Together with the One Day Foundation, we organised a total of 11 workshops and 50 vocational courses, in which 148 people participated. They came from: Sanok, Miejsce Piastowe, Oświęcim, Brzezie, Włocławek, Lubień Kujawski, Kutno, Zawiercie, Kraków, Frombork, Golub-Dobrzyń, Rypin, Wielgie, Szczutowo, Żary, Szprotawa and Lubsko. Children from Otorowo, Tczew, Lublin, Elbląg and Zwierzyniec also benefited from the courses.

The Kulczyk Foundation also supported the One Day Foundation in its project to create and launch an online platform USAMODZIENIENI.PL. It is a place intended for children from orphanages wishing to become self-dependent. They can find knowledge on how to take their first steps in adult life. It includes, among others, a CV creator and a job offers database. It also enables contact with a psychologist or careers advisors. The platform was created thanks to technological assistance provided by the Warsaw University of Technology.

USAMODZIENIENI.PL is a real compendium of knowledge necessary for young people. Thanks to this initiative, it is easier for them to take their first steps in adult life – finding employment, for example. The platform teaches in a simple way, and then checks whether you have managed to create a correct and effective CV, with the help of which you can apply for jobs verified by the creators of the service. It also helps to develop key competences so that the job interview is less stressful. The USAMODZIENIENI.PL portal also shows the steps to independence, describes in detail the consequences of the choices made – all in order to make young people from orphanages make more informed decisions. Through the app, you can also contact a psychologist, an independence expert, an accountant, a lawyer or career advisors. They answer questions and provide the necessary support.

Workshops

THE DOMINO EFFECT WORKSHOP

Strengthening the competences

The interest and feedback on last year's "Empathy in teacher's professional work" resulted in us organising another edition of these workshops in our Domino Effect Workshop in early 2020 as well. Several supervision meetings were also held for teachers, which allowed them to work together to find solutions to the problems they face in their work.

We also invited young people from several schools to an "Instead of Hate" prevention workshop related to the dangers of the Internet and a "116 111 Helpline for Children and Youth" workshop.



Culinary workshops

In July and August, children from some day-care centres returned to activities conducted under a sanitary regime. We were able to support them with warm meals during this time. Then, after a long break due to pandemic restrictions, we returned to the Domino Effect Workshop. We were visited by children from several facilities participating in the Yellow Plate programme. The educational and culinary activities were implemented on the basis of scenarios published by the Kulczyk Foundation as part of the Yellow Plate programme. This time we followed the scenarios no 2 entitled "Drink to your health". During the workshop we discussed proper hydration of the body. The children learned about the functions of water in the human body, as well as what we should drink and what we should avoid. During the activities, the participants could try flavoured waters – with melon and... apple pie. After the educational activities, in the Yellow Plate kitchen, the children, together with Ms Wanda, the heroine of the Yellow Plate scenarios, prepared a delicious, healthy dessert for summer days – raspberry and apple sorbet with roasted almonds.

Due to another closure of the Yellow Plate programme facilities in October, we were unfortunately unable to meet with children at the educational and culinary workshops in the Domino Effect Workshop. While waiting for the situation to improve, we decided to see the participants of the Yellow Plate programme online. The workshops were attended by children from the facilities included in the programme. The classes began by providing solid knowledge on healthy eating. Then the practical part started – the cooking.



This year even the gingerbread baking classes were held online. Every year in December, gingerbread activities were held for children by the Toruń Gingerbread Museum. Unfortunately, it was not possible this year, so in order to get the kids into the Christmas spirit, we have prepared Christmas activities online.

In December, not only did we organise gingerbread workshops, but we also invited Santa Claus to the homes of our pupils, who included Christmas sweets in each food parcel.

Trainings on menstruation

In 2020, we also prepared a series of trainings on menstruation and empowering girls for educators from community centres covered by the Yellow Plate programme. We ran two pilot editions in 2020. We trained 20 female educators who work with adolescents on a daily basis.

The aim of the workshops was to expand educators' awareness and competence in their role in empowering girls. These newly acquired skills will help them to have conversations with their pupils and be more aware of their attitude towards their pupils. The workshop is divided into four parts according to the following thematic blocks:

- “Period. All You Need to Know” – to refresh knowledge on menstruation and present the results of a study on the perception of menstruation in Poland commissioned by the Kulczyk Foundation.
- “Empowering Girls. Gender Equality as a Challenge” – to raise awareness of the phenomenon and show the consequences of unequal treatment based on gender, and to present the benefits of changing this attitude.
- “How to Talk to Young People about Sensitive Topics” – practical advice on how to have and behave during difficult conversations with your pupils.
- “Opportunities and Challenges in Implementing the Programme in the Facilities” – encouraging to think about what hinders and what helps in addressing the issue of menstruation in the facilities of the different participants and finding possible solutions to the problems associated with it.





List of activities

KULCZYK FOUNDATION PROJECTS CARRIED OUT ACROSS THE WORLD IN 2020

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
1.	Continuation of the project launched in 2018	Jacaranda Foundation (Malawi)	Supporting a vocational education project.
2.	Continuation of the project launched in 2019	Comparte Por Una Vida Colombia (Colombia)	Support for the child nutrition programme. Project related to the production of one of the episodes of the 6th series of the "Domino Effect".
3.	Continuation of the project launched in 2019	Comparte Por Una Vida Colombia (Colombia)	Support to Venezuelan refugees (beneficiaries of the organisation). Project related to the production of one of the episodes of the 6th series of the "Domino Effect".
4.	Continuation of the project launched in 2019	Comparte Por Una Vida Colombia (Colombia)	Supporting the activities of Colombians helping Venezuelan refugees. Project related to the production of one of the episodes of the 6th series of the "Domino Effect".
5.	Continuation of the project launched in 2019	Empowering Children with Disabilities (Rwanda)	Purchase of essential hearing aid accessories for the organisation's pupils.
6.	Continuation of the project launched in 2019	INFANT (Peru)	Construction of a new centre for children – beneficiaries of the organisation. Project related to the production of one of the episodes of the 6th series of the "Domino Effect".
7.	Continuation of the project launched in 2019	INFANT (Peru)	Support for the activities of the organisation to combat the use of physical and psychological violence against children. Project related to the production of one of the episodes of the 6th series of the "Domino Effect".
8.	Continuation of the project launched in 2019	Tiny Toones (Cambodia)	Support for the functioning of the school run by the organisation. Project related to the production of one of the episodes of the 7th series of the "Domino Effect".

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
9.	Continuation of the project launched in 2019	Juanfe (Colombia)	Continued support for the “360 Degrees” programme, which aims to help teenage mothers in Cartagena, Colombia.
10.	Continuation of the project launched in 2019	Education and Development Foundation – EDUCO (Bangladesh)	Further support for the organisation’s beneficiary.
11.	Continuation of the project launched in 2019	Maison de la Gare (Senegal)	Purchase of a car for the organisation. Project related to the production of one of the episodes of the 7th series of the “Domino Effect”.
12.	Continuation of the project launched in 2019	HOPE Foundation For Women & Children of Bangladesh (Bangladesh)	Funding for the organisation’s mental health and psychosocial support for women in Cox’s Bazar refugee camp. Project related to the realisation of the “Stolen Son: A CNN Freedom Project Documentary”.
13.	Continuation of the project launched in 2019	Maison de la Gare (Senegal)	Purchase of mattresses for Koranic school children. Project related to the production of one of the episodes of the 7th series of the “Domino Effect”.
14.	Continuation of the project launched in 2019	CEPROMIN (Bolivia)	Support for the organisation beneficiary.
15.	Continuation of the project launched in 2019	Bangladesh National Women Lawyers’ Association (Bangladesh)	Assistance to women victims of human trafficking. Project related to the realisation of the “Stolen Son: A CNN Freedom Project Documentary”.
16.	Continuation of the project launched in 2019	Policy Center for Roma and Minorities (Romania)	Rental of premises for the organisation’s beneficiaries. Project related to the production of one of the episodes of the 7th series of the “Domino Effect”.

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
17.	Continuation of the project launched in 2019	HOPE Foundation For Women & Children of Bangladesh (Bangladesh)	Funding the construction of a surgical theatre and maternity room at the organisation’s hospital specialising in the treatment of obstetric fistula. Project related to the realisation of the “Stolen Son: A CNN Freedom Project Documentary”.
18.	Continuation of the project launched in 2019	Project Elimu (Kenya)	Support for the project to combat period poverty: purchase of hygiene products for 1,000 girls.
19.	Continuation of the project launched in 2019	Project Elimu (Kenya)	Support for the project to combat period poverty: organising trainings on menstruation for school-age girls.
20.	Continuation of the project launched in 2019	Institute of Health Management Pachod – IHMP (India)	Support for the project run by the organisation for the reproductive health of young women in Pune. Project related to the production of one of the episodes of the 7th series of the “Domino Effect”.
21.	Continuation of the project launched in 2019	Projeto UERÊ (Brazil)	Further support for the organisation’s beneficiary.
22.	Continuation of the project launched in 2019	Policy Center for Roma and Minorities (Romania)	Support for a sexual education programme for girls of Roma origin. Project related to the production of one of the episodes of the 7th series of the “Domino Effect”.
23.	Continuation of the project launched in 2019	Policy Center for Roma and Minorities (Romania)	Funding of annual dance classes for girls – beneficiaries of the organisation. Project related to the production of one of the episodes of the 7th series of the “Domino Effect”.
24.	Continuation of the project launched in 2019	Christina Noble Children’s Foundation (Vietnam)	Further support for the organisation’s beneficiaries.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
25.	January 2020	Comparte Por Una Vida Colombia (Colombia)	Support for the organisation's beneficiaries.
26.	January 2020	Days for Girls Nepal (Nepal)	Support for the project to combat period poverty: purchase of sets of eco-friendly reusable sanitary pads. Project related to the production of one of the episodes of the 7th series of the "Domino Effect".
27.	January 2020	Days for Girls Nepal (Nepal)	Support for the project to combat period poverty: organising reproductive health training for women. Project related to the production of one of the episodes of the 7th series of the "Domino Effect".
28.	January 2020	Maison de la Gare (Senegal)	Support for the organisation's beneficiaries.
29.	January 2020	Thomson Reuters Foundation	Publication of a column by Dominika Kulczyk and Nick Grono (President of Freedom Fund) on modern slavery.
30.	January 2020	Empowering Children with Disabilities (Rwanda)	Support for the organisation's beneficiaries.
31.	January 2020	First International Day of Polish Community Education in London (Great Britain)	Support for the organisation of the First International Day of Polish Community Education concerning the interdisciplinary problems of the Polish community teacher's workshop, presentation of educational materials of the Kulczyk Foundation. The conference was organised by the Polish University Abroad.
32.	February 2020	American Golden Picture International Film Festival (USA)	Screening of "For Our Children" and winning the award for Best Documentary Long.
33.	February 2020	Institute of Health Management Pachod – IHMP (India)	Support for adolescent girls by providing access to education and health and sexual assistance. Project related to the production of one of the episodes of the 7th series of the "Domino Effect".

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
34.	March 2020	Roma Cinema DOC International Film Festival (Italy)	Screening of "The Sound of Silence".
35.	March 2020	Los Angeles International Short Film Festival (USA)	Screening of "The Sound of Silence".
36.	March 2020	European Cinematography AWARDS (Netherlands)	Screening of "The Sound of Silence" and winning the award for Best Documentary Cinematography.
37.	March 2020	53rd WorldFest-Houston International Film Festival (USA)	Screening of "The Sound of Silence" and winning the Best Short Documentary category.
38.	April 2020	Project Elimu (Kenya)	Support for the family of the organisation's beneficiary.
39.	April 2020	Richmond International Film Festival (USA)	Screening of "The Sound of Silence".
40.	April 2020	The launch of the "Tenderness and Freedom. Let's build balanced relationships" – the English-language version of the "Czułość i wolność. Budujmy równowagę w relacjach" campaign	Launch of English version of the campaign by the Kulczyk Foundation and Gazeta Wyborcza Foundation – prepared thematic bookmarks on the News from Poland website, the Kulczyk Foundation website, Agora sharing campaign content in the LENA (The Leading European Newspaper Alliance) network.
41.	April 2020	"Wysokie Obcasy" magazine (India, Poland)	Interview on the situation of girls in India with the founder of the Institute of Health Management Pachod (India), Ashok Dyalchand, PhD.
42.	May 2020	SEPO Community Based Organisation (Namibia)	Support to build and equip a newly established school run by the organisation.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
43.	May 2020	The World Independent Cinema Awards (France)	Screening of “Accused of Witchcraft”.
44.	May 2020	“Wysokie Obcasy” magazine (Peru, Poland)	Interview on the pedagogy of tenderness with the co-founder of INFANT (Peru) Prof. Alejandro Cussianovich.
45.	May 2020	WASH United	Participation in Menstrual Hygiene Day, whose main objective is to build awareness of good menstrual hygiene practices worldwide.
46.	June 2020	The English-language version of the “Domino Effect. Materials for teachers” scenarios	Online publication of an English version of lesson plans strengthening social and emotional competences and the freedom to be oneself for age groups 3-6, 6-9, 10-15, +15.
47.	July 2020	Project for the Integration and Welcoming of Immigrants – PIAM onlus (Italy)	Support training for women victims of human trafficking. Project related to the production of one of the episodes of the 8th series of the “Domino Effect”.
48.	July 2020	“Family Time” – 50 texts as inspiration for building family relations in the English language version	Preparation and sharing of English “Family Time” bookmark with materials of the “Time for Relationships” campaign for parents and carers.
49.	August 2020	Raskot Community Hospital (Nepal)	Support for the functioning of the hospital in the Kalikot district.
50.	August 2020	Christina Noble Children’s Foundation (Vietnam)	Further support for the organisation’s beneficiaries.
51.	September 2020	Save a Girl Save a Generation (Spain)	Support to the CHAIN project in Spain for women victims of female genital mutilation (FGM) and early and forced marriage. Project related to the production of one of the episodes of the 8th series of the “Domino Effect”.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
52.	September 2020	Udruzenje “Snaga žene” (Bosnia and Herzegovina)	Support for young people and women struggling with intergenerational transfer of war trauma and post-traumatic stress disorder (PTSD). Project related to the production of one of the episodes of the 8th series of the “Domino Effect”.
53.	September 2020	LA International Film Festival (USA)	Screening of “For Our Children”.
54.	October 2020	Jeevika (India)	Support for the micro-enterprise project for victims of modern-day slavery. Project related to the production of one of the “CNN Freedom Project” documentaries.
55.	October 2020	Tryon International Film Festival (USA)	Screening of “The Sound of Silence”.
56.	October 2020	Founders Pledge	Publication of the report on combating period poverty globally – “A bloody problem: Period poverty – why we need to end it and how to do it”.
57.	October 2020	International Girl’s Day	Participation in the International Girl’s Day, which aims to raise awareness of the issues that girls and young women around the world face every day.
58.	October 2020	Global Citizen	Publication of an interview with Dominika Kulczyk on period poverty on the Global Citizen platform.
59.	November 2020	Awareness Film Festival (USA)	Screening of “For Our Children” and winning the Merit Award.
60.	November 2020	AFIN International Film Festival (Australia)	Screening of “For Our Children” and winning the Best Documentary Feature category.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	ORGANISATION/ COUNTRY	DESCRIPTION
61.	November 2020	“Wysokie Obcasy” magazine (Kenya, Poland)	Interview on period poverty with Project Elimu (Kenya) founder and director, Mike Wamaya.
62.	December 2020	Polish Medical Mission (Tanzania)	Support for the provision of supplies to Nyangao Hospital and the renovation of hospital infrastructure. Project related to the production of one of the episodes of the 8th series of the “Domino Effect”.
63.	December 2020	Polish Medical Mission (Tanzania)	Donation of reusable sanitary pads for postpartum women in hospital in Nyangao, Tanzania (2000 sanitary pads for 1000 women). Every woman who gave birth at Nyangao Hospital was given two reusable sanitary pads. Project related to the production of one of the episodes of the 8th series of the “Domino Effect”.
64.	December 2020	The Garifuna International Indigenous Film Festival (USA)	Screening of “For Our Children”.
65.	December 2020	Save a Girl Save a Generation (Kenya)	Support for the implementation of the “Training in Gender” program in Kenya by funding training to increase knowledge and awareness of gender-based violence. Project related to the production of one of the episodes of the 8th series of the “Domino Effect”.
66.	December 2020	“Beyond Stereotypes” brochure	Publication of a thematic brochure related to the topic of anti-discrimination education, with particular emphasis on gender stereotypes.
67.	December 2020	Hudson International Film Festival NYC (USA)	Screening of “The Sound of Silence”.





List of activities

KULCZYK FOUNDATION PROJECTS CARRIED OUT IN POLAND IN 2020

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	EVENT	DESCRIPTION
1.	January 2020	Signing of the cooperation agreement on the implementation of the Yellow Plate programme with the Warsaw University of Life Sciences	Providing substantive support to the Yellow Plate programme in the area of consultations and substantive support to the participating facilities.
2.	January 2020	Winter holidays at the Domino Effect Workshop	Organisation of two educational and culinary workshops for children and adolescents. As part of this, the children learned about the principles of healthy eating and prepared a meal together. The workshop was attended by 45 children.
3.	January 2020	Publication of the "School life"	Regular cooperation – publication by the Kulczyk Foundation of educational materials for students in grades 1-3 of primary school.
4.	January 2020	Supervision for teachers	Supervision meetings for participants of the 1st and 2nd edition of the "Empathy in teacher's professional work".
5.	January 2020	"Let's Get to Know Each Other" competition	Implementation of the workshop as part of the award in the "Let's Get to Know Each Other" competition supported by the Kulczyk Foundation in 2019.
6.	January 2020	Empathy in teacher's professional work – workshops	A series of free development workshops for teachers – 3rd edition. Second meeting of this edition in the Domino Effect Workshop.
7.	January 2020	116 111 Helpline for Children and Youth	Grant for the operation of the Helpline for Children and Youth from 8 PM to 12 AM in 2020.
8.	February 2020	Survey on menstruation in Poland	A study presenting an analysis of the phenomena of exclusion and period poverty in economic, social and educational terms in Poland.
9.	February 2020	Winter holidays at the Domino Effect Workshop	Organisation of three educational and culinary workshops for children and adolescents. As part of this, the children learned about the principles of healthy eating and prepared a meal together. The workshop was attended by 66 children.

No.	DATE	EVENT	DESCRIPTION
10.	February 2020	Educational and culinary workshops for children at the Domino Effect Workshop	Organisation of one educational and culinary workshop for children and adolescents based on issued lesson plans on healthy eating. The workshop was attended by 25 children.
11.	February 2020	Empathy in teacher's professional work – workshops	A series of free development workshops for teachers – 3rd edition. Third meeting of this edition in the Domino Effect Workshop.
12.	February 2020	Erasmus + webinar for the eTwinning educational platform: "How to Develop Social-Emotional Competences of Children and Adolescents"	Webinar for eTwinning, a EU programme enabling schools in 44 countries to collaborate online in a modern and secure way using the latest technology.
13.	February 2020	"116 111 Helpline for Children and Youth" and "Instead of Hate" – 3rd edition of prevention workshops	Series of 3 prevention workshops for school youth at the Domino Effect Workshop in cooperation with the Fundacja Dajemy Dzieciom Się – finding solutions and coping with difficult situations, including violence on the Internet.
14.	February 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing children from orphanages from Piastów and Sanok to become independent.
15.	March 2020	Signing an agreement with the Doctors for Doctors Foundation	Fight against COVID-19. Making a donation to purchase medical equipment.
16.	March 2020	The Domino Effect – 7th series	Ugur Gallenkus campaign implementation.
17.	March 2020	Educational and culinary workshops for children at the Domino Effect Workshop	Organisation of one educational and culinary workshop for children and adolescents based on issued lesson plans on healthy eating. The workshop was attended by 20 children.
18.	March 2020	Distribution of food parcels	Support for the beneficiaries of the Yellow Plate programme by donating food parcels due to the closure of facilities.
19.	March 2020	My Freedom Day	A nationwide action linked to the #MyFreedomDay celebrations in educational institutions organised by CNN International.

No.	DATE	EVENT	DESCRIPTION
20.	March 2020	"Wise Fairy Tales from All Over the World" on Soundcloud	Free access on Soundcloud to 40 fairy tales and 9 songs from different editions of "Wise Fairy Tales from All Over the World".
21.	March 2020	Launch of the "Time for Relationships" campaign	Launching, together with Agora (Instytut Dobrego Życia), the social campaign entitled "Time for Relationships", which consisted of daily articles and activities for families to support them in building relationships and regulating emotions, especially during lockdown.
22.	April 2020	Signing an agreement with the Fundacja Polki Mogą Wszystko foundation	Implementation of the project "Future in your Hands – the Time of the Epidemic does Not have to be Lost Time".
23.	April 2020	Arrival of medical equipment from China	Transport and distribution of over 57 tonnes of medical equipment to medical chambers across the country.
24.	April 2020	Dr. Jan Kulczyk Scholarships for Ukrainian citizens	7th edition of scholarships granted to Ukrainian citizens – students of the Adam Mickiewicz University in Poznań.
25.	April 2020	Warm meals during coronavirus	Cooperation with the British Primary School of Wilanów in providing warm meals to children from Warsaw and the surrounding area.
26.	April 2020	Easter food parcels	Support for the beneficiaries of the Yellow Plate programme by issuing food parcels on the occasion of Easter.
27.	April 2020	Launch of the "Tenderness and Freedom" campaign	Launch of social campaign by the Kulczyk Foundation, "Wysokie Obcasy" and "Gazeta Wyborcza" entitled "Tenderness and Freedom. Let's Build Balance in Relationships", aimed at launching a tender revolution.
28.	April – July 2020	"Tenderness and Freedom" – a quantitative and qualitative study on the division of responsibilities and partnerships in the homes of female and male readers	Two surveys were carried out among the recipients of the campaign concerning (1) balance and distribution of responsibilities, (2) perceptions of the economic and social dimensions of housework, and a qualitative study on the distribution of domestic and care responsibilities, declared modes of communication, feelings and attitudes related to housework and finance. Research conducted by Agora's Analyses Department.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	EVENT	DESCRIPTION
29.	May 2020	Yellow Plate programme on TVN's "Uwaga"	Broadcasting information on supporting the beneficiaries of the Yellow Plate programme by providing warm meals on TVN's "Uwaga! Coronavirus".
30.	May 2020	Research company Difference	Publication of the report prepared by Difference, entitled "Red Mercedes by the House: Contemporary Discourse on Menstruation".
31.	June 2020	Children's Day with Yellow Plate	Donation of board games to community centres. Giving gifts to children on the occasion of the Children's Day.
32.	June 2020	Establishment of cooperation with the AVALON Foundation	Support for projects to raise awareness of the sexuality of people with physical disabilities. Project related to the production of one of the episodes of the 8th series of the "Domino Effect".
33.	June 2020	Fundacja Akuratna foundation	Support for the organisation's statutory activities.
34.	June 2020	Release of the game "Family Cosmos"	Release on Children's Day of the board game "Family Cosmos" as part of the "Time for Relationships" campaign.
35.	June 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops aimed at preparing children from the orphanage in Oświęcim for independent life.
36.	June 2020	Dr. Jan Kulczyk Scholarships for the academic year 2019/20	Scholarships have been awarded since 1999 to the most talented students and doctoral candidates of Adam Mickiewicz University in Poznań.
37.	July 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from the orphanage in Brzezine to become independent..
38.	July 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from the orphanage in Włocławek to become independent.
39.	July 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from the orphanage in Lubień Kujawski to become independent.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	EVENT	DESCRIPTION
40.	August 2020	Holidays at the Domino Effect Workshop	Organisation of 3 educational and culinary workshops for children and adolescents. By cooking together, we encouraged the exploration of new products and tastes. The workshops were attended by children participating in the Yellow Plate programme.
41.	August 2020	Signing a contract for the implementation of the Yellow Plate programme with the Friends of Children Society	Supporting the child nutrition system. Coverage of 93 facilities under the Yellow Plate programme.
42.	August 2020	Publication of the brochure "Children in lockdown" + live	Publication of the thematic brochure on the lockdown's impact on children. Live on this topic with experts on the profile of "Wysokie Obcasy".
43.	August 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Radom	Supporting the child nutrition system. Coverage of 5 facilities under the Yellow Plate programme.
44.	August 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Białystok	Supporting the child nutrition system. Coverage of 1 facility under the Yellow Plate programme.
45.	August 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Kraków	Supporting the child nutrition system. Coverage of 3 facilities under the Yellow Plate programme.
46.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Warsaw-Praga	Supporting the child nutrition system. Coverage of 3 facilities under the Yellow Plate programme.
47.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Gniezno	Supporting the child nutrition system. Coverage of 5 facilities under the Yellow Plate programme.

No.	DATE	EVENT	DESCRIPTION
48.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Siedlce	Supporting the child nutrition system. Coverage of 3 facilities under the Yellow Plate programme.
49.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Łomża	Supporting the child nutrition system. Coverage of 1 facility under the the Yellow Plate programme.
50.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Gdańsk	Supporting the child nutrition system. Coverage of 6 facilities under the Yellow Plate programme.
51.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Drohiczyn	Supporting the child nutrition system. Coverage of 10 facilities under the Yellow Plate programme.
52.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Toruń	Supporting the child nutrition system. Coverage of 4 facilities under the Yellow Plate programme.
53.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Szczecin-Kamień	Supporting the child nutrition system. Coverage of 10 facilities under the Yellow Plate programme.
54.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Kielce	Supporting the child nutrition system. Coverage of 8 facilities under the Yellow Plate programme.
55.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Kielce	Supporting the child nutrition system. Coverage of 8 facilities under the Yellow Plate programme.

No.	DATE	EVENT	DESCRIPTION
56.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Łódź	Supporting the child nutrition system. Coverage of 2 facilities under the Yellow Plate programme.
57.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Poznań	Supporting the child nutrition system. Coverage of 6 facilities under the Yellow Plate programme.
58.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Diocese of Koszalin-Kołobrzeg	Supporting the child nutrition system. Coverage of 6 facilities under the Yellow Plate programme.
59.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with Caritas of the Archdiocese of Katowice	Supporting the child nutrition system. Coverage of 6 facilities under the Yellow Plate programme.
60.	September 2020	Signing the contract for the implementation of the Yellow Plate programme with individual schools/community centres	Supporting the child nutrition system. Coverage of 147 facilities as part of the implementation of the 5th edition of the Yellow Plate programme.
61.	September 2020	Sekson Conference	The Kulczyk Foundation is a partner of the Sekson project, which spreads knowledge about the sexuality of people with physical disabilities. Presentation of research on period poverty in Poland at the Sekson conference.
62.	September 2020	Publication of the “Back to School” brochure	Publication of a thematic brochure on the return to school and its challenges.
63.	September 2020	Release of the e-book “Let’s Start a Tender Revolution”	A selection of texts from the “Tenderness and Freedom” campaign with illustrations by Marta Frej. Issued in PDF, MOBI, EPUB, free download.
64.	September 2020	Release of the e-book “Be Tender to Yourself and Free”	A selection of texts from the “Tenderness and Freedom” campaign with illustrations by Marta Frej. Issued in PDF, MOBI, EPUB, free download.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	EVENT	DESCRIPTION
65.	September 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from the orphanage in Kutno to become independent.
66.	September 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from orphanages in Zawiercie and Góra Włodowska to become independent.
67.	September 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from the orphanage in Kraków to become independent.
68.	September 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from orphanage in Frombork to become independent.
69.	September 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from orphanages in Golub-Dobrzyń, Rypin, Wielgie and Szczutowo to become independent.
70.	September 2020	The Kulczyk Foundation Grant Competition – support for women and girls	Announcement of the results of the Kulczyk Foundation Grant Competition – edition 2020/1.
71.	September 2020	The Kulczyk Foundation Grant Competition – Fundacja La Vie La Vie foundation. Project: Reconstructing the feminine	Supporting women in the recovery process after oncological treatment.
72.	September 2020	The Kulczyk Foundation Grant Competition – Lower Silesian Women's Congress Association. Project: Pink box in every school	Helping girls affected by period poverty.
73.	September 2020	The Kulczyk Foundation Grant Competition – Fundacja Potrafię Pomóc [I Am Able to Help Foundation]. Project: Barrier-free gynaecology	Creation of a gynaecological and obstetric surgery dedicated to girls and women with disabilities.
74.	September 2020	The Kulczyk Foundation Grant Competition – Akcja Menstruacja [Menstruation Action] foundation. Project: Hey, girls!	Providing girls from 25 schools across the country with access to hygiene products for a year.

LIST OF THE KULCZYK FOUNDATION ACTIVITIES

No.	DATE	EVENT	DESCRIPTION
75.	September 2020	The Kulczyk Foundation Grant Competition – Social Welfare Centre in Gozdnica. Project: Work-life balance	Adaptation of a room in the OPS into a day-care centre that will provide educational, extracurricular, physical and social activities as well as care for the children of working mothers.
76.	September 2020	The Kulczyk Foundation Grant Competition – Bytom Cultural Centre. Project: BAŚKA – Becekowa Autorska Świetlica Kobiecej Aktywności	A women's activity centre, particularly sensitive to the needs of the visually impaired, the blind, the deaf and women after oncological treatment.
77.	September 2020	The Kulczyk Foundation Grant Competition – Stowarzyszenie Serduszko dla Dzieci [Heart for Children Association]. Project: Wawer farm closer to nature	Creation of an urban farm and culinary studio to host workshops in traditional skills of bread baking, cheese making, vegetable pickling, smoking and more. The workshop addressed to children.
78.	September 2020	The Kulczyk Foundation Grant Competition – Rural Housewives Association in Gulzów, Project: Women for women	Refurbishing and equipping the Association headquarters.
79.	September 2020	The Kulczyk Foundation Grant Competition – Truckers Life Foundation. Project: I'm a woman behind the wheel	Project aimed at female prisoners inspiring and helping them to return to working life.
80.	September 2020	The Kulczyk Foundation Grant Competition – Association of Young Artists – Ku Teatrowi [Towards the Theatre]. Project: Violence-free home – Belarus	Creating a safe place for women and girls, victims of violence and the patriarchal system in Belarus.
81.	September 2020	Off Camera Festival in Kraków	The Kulczyk Foundation Award in Polish Feature Film Competition.
82.	October 2020	Signing of a contract for the Yellow Plate programme with the SOS Children's Villages Association in Poland	Supporting the child nutrition system. Coverage of 17 facilities under the Yellow Plate programme.

No.	DATE	EVENT	DESCRIPTION
83.	October 2020	Publication of the “Adolescence Matters” brochure	Publication of a thematic brochure on issues related to menstrual exclusion and puberty.
84.	October 2020	“PowerED – digital resources in equalising educational opportunities” – conference and expert work organised by Katalyst Education	Participation in the expert focus “Digital exclusion – economic inequalities” and cooperation on recommendations for local governments, entrepreneurs and NGOs that would like to effectively support educational activities increasing access to quality education for children and adolescents.
85.	October 2020	“Tenderness and Freedom” – launch of the “Let’s be Girlfriends” series	Launch of the “Let’s be Girlfriends” series, in which female experts answer questions from female readers. The series aims to break taboos and provide expert support on topics related to one’s body.
86.	October 2020	Usamodzielnieni [Self-Dependent] workshops	Workshops preparing the children from orphanages in Żary, Szprotawa and Lubsko to become independent.
87.	November 2020	Signing a contract for the Yellow Plate programme with the Polish Red Cross	Supporting the child nutrition system. Coverage of 17 facilities under the Yellow Plate programme.
88.	November 2020	Workshop on menstruation and empowering girls	The first edition of workshops for caretakers of community centres. Each session consists of 4 parts (3x3 h, 1x1,5 h).
89.	November 2020	International Girl’s Day	A nationwide awareness campaign aimed at educators and educational institutions to draw attention to the challenges faced by girls worldwide.
90.	November 2020	Publication of the “Beyond Stereotypes” brochure	Publication of a thematic brochure on stereotypes.
91.	November 2020	Webinar “Ah, Those Emotions. Talking about Feelings and Emotions”	Webinar for kindergarten teachers on emotions and how to use the Kulczyk Foundation scenarios to work with this topic.

No.	DATE	EVENT	DESCRIPTION
92.	November 2020	Webinar “All the Things that Matter. On Values in the Time of the Pandemic”	Webinar for teachers of grades I-III on the issue of values and how to address this topic with students offline and online using the Kulczyk Foundation scenarios.
93.	November 2020	Webinar “Freedom in the Times of the Pandemic”	Webinar for teachers of classes IV-VIII on the issue of freedom and how to address it with students in their work offline and online using the Kulczyk Foundation scenarios.
94.	December 2020	Workshop on menstruation and empowering girls	Second edition of workshops for caretakers of community centres. Each session consists of 4 parts (3x3 h, 1x1,5 h).
95.	December 2020	Online educational and culinary workshops	Organisation of two educational and culinary workshops for facilities participating in the Yellow Plate programme. The activities were based on lesson plans on healthy eating.
96.	December 2020	Online gingerbread baking workshop	Organisation of two online Christmas workshops on gingerbread baking. The workshop was attended by 50 children and was a time of inclusive online play that put the children in a festive mood.
97.	December 2020	Santa Claus of the Yellow Plate	Donation of food parcels and Christmas sweets for children covered by the Yellow Plate programme.
98.	December 2020	AVALON Foundation, live discussion on period poverty	Live discussion on menstrual health and hygiene in Poland and around the world.
99.	December 2020	Publication of the “Freedom in the Times of the Pandemic” brochure	Publication of a thematic brochure on issues related to the concept of freedom.
100.	December 2020	Jewish Culture Festival in Kraków	“Road to Happiness” concert dedicated to the memory of Jan Kulczyk.





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