

Centar za edukaciju i humani razvoj
AMICA EDUCA 

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WORK REPORT OF YEAR 2013

CENTER FOR EDUCATION AND FAMILY COUNSELING

ASSOCIATION

PRIJATELJICE OBRAZOVANJA

AMICA EDUCA

TUZLA, BOSNIA – HERZEGOVINA



<http://amica-educa.com>

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INTRODUCTION / SUMMARY

Association “Prijateljice obrazovanja Amica Educa” (“the Association” or “Amica EDUCA”) has successfully implemented all of the activities planned in 2013, as well as additional activities not originally planned but important for meeting needs and problems in Amica Educa’s current environment.

All of the activities were implemented according to Amica EDUCA’s strategic mission and goals for Educational Program and Family Counseling. Indicators established at the beginning of 2013 very clearly show that most of the effects and results were achieved to a greater extent than envisioned by the end of 2013, both quantitatively and qualitatively.

Promotional activities in the 2013: Aside from printing and distributing promotional materials in higher volume than in previous years, Amica EDUCA also used local web portals to announce activities and promote the Association’s achieved results. Emphasis was put on promoting the project and breaking the taboos about sexual abuse in childhood.

During 2013 Amica Educa continued good collaboration with different governmental institutions such as The Pedagogic Institute Tuzla and Educational–Rehabilitation Faculty in Tuzla. Cooperation with the Ministry for Work, Social Policy and Return was raised to a new level through joint implementation of the project for professionals in social fields. A very successful cooperation was established with the Home for Children without Parental Care, through organization of workshops for children and supervision for employees on the topic of prevention of child sexual abuse.

The Amica Educa team strengthened its professional capacities both in management as well as in psychosocial and pedagogic work through formal and non-formal education. Networking with other organizations and positioning of the Association was achieved through team member participation in various meeting, round tables, conferences and study trips that were organized during 2013.

During 2013, Amica Educa actively worked on fundraising and applied with 10 project proposals to different foreign and domestic donors. Partner organization “AMICA Schweiz”, donor organization “Christlicher Friedensdienst – CFD”, Network “Dances of Universal Peace” and the Ministry funded all of the Association’s activities and work in 2013 for Labor, Social Policy and Return Tuzla Canton.

1. EDUCATIONAL PROGRAM

As in previous years, seminar participants were professionals in “helping” professions: social workers, psychologists, pedagogues, special pedagogues, teachers, health workers, SOS mothers in SOS children’s villages, and students in related fields. Additionally there were a number of participants from different occupations such as: engineers of technology and construction, marketing, professor of mathematics, lawyers, criminologist and economist. There was a significant increase in educational program participation of unemployed professionals – over 30%. This increase reflects the current situation regarding high and growing numbers of unemployed individuals (mostly young people) with higher education. This general trend in Tuzla Canton and B&H overall should definitely be viewed with concern.

1.1. **Seminar “Creative Expressive Painting” – basic seminar for professionals** Leaders: Suhreta Babic and Altaira Kravac

Three modules of the seminar were implemented in March, April and May; 14 participants completed the education. Group consisted of social workers, psychologists, pedagogues and 7 special education students. For all participants, it was new to work with colors and painting free of criticism and any type of judgment or analysis, unlike everyday life. Some started out reserved and quiet, but after the first module they were active and motivated. Newly found motivation came from understanding the importance of personal growth, emotions they were experiencing and how painting was connected to their subconscious. The creative work helped participants understand its effectiveness in bringing up troubling and traumatic experiences as well as its soothing powers. Participants who expressed the need were offered individual therapy. Participants enjoyed the painting part of the seminar and created 2 or 3 paintings in their allotted time.

While learning and accepting various techniques and methods during the seminar, participants also pointed out those that would be beneficial in their work. They recognized the usefulness of the exercises and reported recommending it to their friends and colleagues. Most participants were impressed with the immediate personal effects of the techniques they learned and were quite excited to share that new found knowledge in their workplaces and with their clients.

“Firstly what I received from this seminar is a feeling of freedom to open up in front of the group. I now have an open mind toward things like this (things I used to be skeptical about). I learned about the usefulness of these things and such seminars and I got a peaceful and a happy feeling every day of the seminar” was the statement of one participant. Another wrote in the evaluation questionnaire: „It encouraged me to work more on myself. It gave me courage to do things I have not done before, and I got the will to conquer my fears and obstacles that were inhibiting me before. “

Other statements participants made to describe their experience include: *“I will use breathing techniques when working with paraplegics, art therapy methods with children who have cancer, mostly everything I learned can be used in a wider population.” “Through the technique of observing paintings without analysis or interpretation, I actually realized that it was very important for everyday functioning and communicating with other people – without judgment whether something is positive or negative but just the way it is. That comprehension is extremely important for me personally and along the same lines for the work I do. “All modes of work that I learned here are very good and extremely applicable in work with children with special needs. These will become tools that I will use in the future before anything else I have been doing so far. In this way, I believe it will be easier to establish contact with children and recognize what is important to them and what their needs are.”*

Advanced seminar for professionals (Leader: Annegreth Zimmermann) was organized in July with the topic "Interpersonal Relationships". The aim of this seminar was to improve professional, as well as personal competencies. Participants included members of the Amica Educa team and external associates who use Creative Expressive Painting methods in their work. In addition to education, participants had an opportunity for individual supervision. Ten professionals participated.

1.2. Seminar "Creative Expressive Painting" – basic seminar for students

Leaders: Suhreta Babic, Merima Salihbegovic, Vladana Ninic, Ivona Erdeljac and Selma Alicic

The project "Tandem University - Amica Educa" continued in the first trimester of 2013 and included the second and third modules, completing the education of 2012/2013 school year students. The second module took place February 18 – 27, and the third module took place March 18 – 27.

The project previously included five groups of students from the Faculty for Education and Rehabilitation of Tuzla University. The number of participants in the second module decreased, making for very small groups. Due to smaller number of participants, the number of groups in the third module was decreased to four groups of participants. Fifty-six students started this school year but only 47 obtained the certificate (based on the rule that certificates are only given to those attending at least 7 out of 9 days of education).

Because sufficient funds had not been raised, Amica Educa, in agreement with the Amica Schweiz, decided to suspend offering further seminars in the next education cycle. Formal notification was sent to Tuzla University, Educational – Rehabilitation Faculty. The situation and reasons for discontinuation of the project were explained. The Faculty was also notified about possibilities for joint fundraising since the University is a public institution and has access other funds that Amica Educa as an NGO does not.

1.3. Seminar "Skills of communication and empathy" (Nonviolent communication)

Leaders: Ivona Erdeljac and Sead Gazibegović

Three modules of the seminar were organized in March, April, May; 12 participants completed the education. A much higher number of participants had registered for the seminar through the Employment Office (to show that they were interested in completing education) but did not show up. This will not be allowed to happen in the future.

Participants who completed the education were school psychologists, social pedagogues, special education providers, senior students and one Environmental Protection Technologist. Only 2 out of 12 participants were employed. Trust among participants developed quickly and group connectivity was a component that even the participants themselves emphasized as very important. Participants adopted new skills and knowledge at different rates, some were immediately able to draw on newly acquired communication skills successfully; others needed more time to adapt and to begin using new ways of communicating. However by the end, all participants noted positive changes both in their thoughts and emotional reactions, as well as in relations with people in their lives.

During the last module, participants employed at the Home for Children without Parental Care spoke about improving relations with the children from the Home: they started to make more time for communication, especially for communication with more "troubled" children. The participants reported that they generally can perceive greater calmness and satisfaction in the children and therefore they know that they are on the right track.

Two men were part of this predominantly female group and with their sincerity they particularly enriched this group. Both male participants are unemployed and they talked about problems related to their role in society. From their perspective as men, - partners in relationships, and adult sons in the family – there are expectations of financial contribution and ability to take care of their families. After working on concrete examples related to these emotions, one participant shared: *"For a long time I have been feeling like a full tank and that I could explode at any moment. I was afraid of my potential reactions and myself. After this, it feels as if someone opened the faucet at the bottom of the tank and something came out of me, the pressure*

is lowered. I feel more relaxed and calm". The tension with people close to him (his father, friends) was no longer present, which he frequently pointed out during subsequent work, thus giving support to other participants to try to apply new skills as much as possible.

Other participants in the group also reported differences in their behavior:

- „I had not been giving people a chance. If I did not like them at first sight, I would immediately assess them as bad and refuse any further contact with them. I now know that other people are tormented like me and therefore it is easier to connect with them. And another very important thing occurred: My relationship with my parents has noticeably improved. When I used to visit them, every day would be tense and we would fight. Through the change I experienced here, my relationship with them changed. I just spent two weeks with my parents and there were no raised voices or arguments even once. It is a magnificent present for me”
- „Frankly I came to this seminar for the sake of the certificate. I attended many seminars and generally they were all the same – I sat, took notes and nothing came out of it. I did not expect to get something like this here at this seminar. Changes in the way I see things and life around me were initiated. Things I say are clearer, relations with those close to me, my children, are now much deeper and more intense. I will recommend attending this seminar to everyone I know”.

In the final cycle, all participants stated that they wanted to participate in an advanced seminar as well to meet, practice and support each other going forward. To that end, one of the participants created a Facebook group for the participants of Nonviolent Communication so they could stay in touch, share experiences and schedule meetings and gatherings.

An advanced seminar led by local leaders was held for the first time in February. It was difficult to find a time that worked for all interested participants; 11 people who had completed the three basic modules in previous years attended. The advanced module was based mainly on applying NVC skills on examples from the participants' private and professional lives. Providing empathy is a theme that was emphasized as the most important for all participants. In the course of evaluation, participants reported changes in their daily social functioning by using empathy: they are more conscious about the processes that occur within them and within others, when for an example, conflict situation arises, communication with other people flows easier and simpler, etc. Professionals noted that their clients open up quicker, that they get clearer and more specific information from them, and that the flow of conversation with clients is more precise and that clients feel more relaxed and better understood.

1.4. Seminar “Creative Support to Primary School Teachers” (Dances of Universal Peace) **Leaders: Tenzila Hujdur and Edin Srabovic - music assistant**

First cycle of Creative Support to Primary School Teachers seminar (two modules) was held in February and April in cooperation with the Pedagogic Institute Tuzla. Twenty-six elementary school teachers participated in two groups. Second cycle, with two new seminar modules, was held in October and December with 16 participants. In the seminar, participants had an opportunity to thoroughly learn dances of peace from the various religions they usually teach in their Religious Culture classes. Teachers also had an opportunity to use the dances they learned in front of a group, receive supervision and expert accompaniment so that later on in their teaching they could introduce religions of the world to students in a clear and creative way.

A great majority of the participants from both seminar cycles expressed interest in attending continued education (advancement of knowledge and skills) planned for 2014. Teachers emphasized how important support is for the Religious Culture classes. During their educational training and even afterwards they had no or only some expert support for teaching this class to children.

At the beginning of every seminar cycle, the representative from the Pedagogic Institute Tuzla, Director Nikola Čiča (advisor for the class Religious Culture), introduced participants to the goals and objectives of the new Religious Culture class plan and curriculum and presented the textbook on world religions that will be

issued to teachers in the future. The textbook is aimed at teachers to use in their work with students from 1st to 9th grade for the Religious Culture class. Representatives from the various religious communities in Tuzla approved the textbook. One of the editors of this textbook is Amica Educa.

Advanced seminar (Leader: Franz von Eyk)

From 13 to 15 September, the advanced seminar of Dances of Universal Peace was held at Zlaca. Sixteen people participated in the seminar. The participants paid accommodation and transportation costs. At the seminar, participants had an opportunity to deepen their knowledge in the subject, to learn new dances, relaxation exercises, breathing techniques etc. Due to positive effects of this seminar, participants expressed a desire to have more seminars like this in the future. On their own, participants made an agreement to save money to cover the next seminar's expenses.

2.3. Seminar “Positive Discipline in Raising Children”

Leaders: Amira Salkovic and Merima Salihbegović

The seminar “Positive Discipline in Raising Children” was held from September to December with 17 participants. The group was diverse in many aspects. Amongst participants were 5 young women, unemployed social workers and pedagogues, for whom this seminar was preparation for parenting and also gave them insights that could help them in their future work with children and families. This diversity in parenting status and experience in working with children affected group dynamics in different ways. On one side it contributed to a variety of opinions and shared experiences, but there also were differences in deeper understanding of complexity of raising children. Lack of professional experience in working with children or with parenting in the beginning resulted in the lack of understanding of some issues and problems which more experienced participants had shared. However, as the group evolved through the topic, understanding changed and empathy and respect of others grew.

Participants adopted new ways of thinking about how to approach raising children, and most of them had immediately started to use it in their families and in their work with children. They found the concept of positive discipline in its essence simple, natural and applicable. By applying new methods of raising children, immediately after learning them, participants noticed that the process of raising children could be less difficult and frustrating. It gave them better results in dealing with children, which resulted in increased self-confidence in their parenting or teaching skills.

Through discussion and sharing, participants became aware of their own childhoods and messages and patterns they brought themselves. Most of them immediately started to actively work on changing some of the patterns they inherited because they do not want to transfer them to their children.

The concept of inner child was new for most participants, and this topic remained as a subtopic for the last two modules. Some participants said that reconnecting to their inner child had helped them connect with and enjoy interacting with children.

Participants who are teachers shared that changes in their attitudes and opinions influenced their work with children in the classroom. They immediately started to use some games and exercises from the seminar as part of class activities: setting long-term goals, rule 2x, setting clear boundaries, positive and negative interaction ratio, and positive labels. Some of the methods, such as KEN method, they shared with their colleagues in schools and with family and friends.

Participants wrote the following in their evaluations: *“I am changing the approach in organizing and achieving short-term goals. I am seeking balance in setting boundaries. I work on improvement of a child's potential by using rules I have learned in this seminar. ‘From the first module I have tried to harmonize communication... now I think in long terms... in my home and class energy is different now.’ ‘Positive breakthrough happened in communication with my child’. ‘Changes I experience include different ways of thinking and approaching specific situations, in controlling my reactions and focusing on long-term goals.’*”

2.4. Seminar “Family Dynamics”

Leaders: Selma Alicic and Zlata Nisic

The basic education consisting of three modules was organized in September, October and November. Education started with 13 participants, all female, and 10 completed it. The group consisted of 8 “helping discipline” professionals, plus engineers of construction, technology, chemistry, one administrative technician. Majority of them are unemployed. Both the age and the professional background of the participants were diverse and despite that, the participants connected quickly. A new experience for the seminar leaders was that a mother and daughter attended the seminar together. During the seminar it became obvious that many processes were present in their relationship, especially concerning the boundaries between them, responsibility giving and receiving.

From the very beginning it quickly became obvious that this group would work a lot on their own personal issues. The majority of participants had expected just a theoretical knowledge seminar and did not expect to talk a lot about themselves. Due to participants’ openness in sharing personal experiences, there were more discussions than planned which made the work more psychologically intensive. Following the needs of the group, the leaders gave priority to discussions over planned exercises. Some participants were initially quiet at the beginning of the session but quickly realized the benefit of group discussions so they started to speak about their fears, low self-confidence, problems in their families, their thoughts of being limited, prejudices, needs for control and to that related overburden. Participants were interested in getting different views of their families and for some it was not such a pleasant experience. Two of them expressed the wish for individual psychotherapeutic treatments, which were provided.

Participants saw the possibilities for the use of the exercises they learned, and achieved personal development in a sense of reframing/changing the perspective of observing their life and functioning and learning about their individuality. They became aware of behavior patterns they live in and which have made them unsatisfied with functioning in their families and society. Due to those patterns, they have been expressing anger, fear, low self-confidence, and low energy to make changes.

The topic of boundaries was emphasized as a problem by most of them. Boundaries cause difficulties in relationships in family, work, and friendships. The topic of gender gave them the different angle to observe their behavioral patterns and need for control. The need for control in everyday life in terms of organizing family life and work tasks was seen to be present in majority participants although they were not initially aware of that. Through discussions and exercises they started to admit that they thought they had the biggest responsibility and knew better than their husbands or family members. They acknowledged they did not want to share/give up control over daily activities as this control gave them a certain power within the family. This gave them a new angle to look at their woman’s role.

As a result of the seminar, they understood that they needed to change in order to make changes in their environment. It is seen in some of their statements: *“By changing myself I change my environment at the same time”, “I have the wish to know myself better, my inner world (thinking, feelings, wishes) in order to achieve better balance between my environment and myself”. “Personal improvement is a key to better cooperation with others”*. Throughout the seminar it was visible that they were improving their self-respect and confidence concerning their boundaries towards others, management of their own emotions, increasing awareness about responsibility for own actions. They gained insights into hidden relationships within the family and they gained a better understanding of roles and influences of mother, father, and other family members on their upbringing and their individuality.

Advanced seminar “My Role as Woman/Man in a Family” was organized in December for the first time and included 11 participants. Local leaders developed the seminar curriculum. Through presentation, discussions, and exercises, participants were encouraged to differentiate between biological characteristics

and social expectations and norms, to become aware of their own gender prejudices and stereotypes as well as those existing in society, and to become aware of their family roles and expectations in partner and family relationships.

Participants evoked messages that they received from parents and family and became aware to what extent those messages shaped their behavior as well as how those messages have been transferred through generations. Some of the messages they integrated from childhood are:

- “You cannot be aggressive and angry”,
- “You must not be stronger than them (men) nor you can expose yourself in the company of men”,
- “Women/girls are more concerned and caring”,
- “Women need to have a man to protect them”.

Discussions about societal influence on boys/men gave another perspective of the position of men being “shaped” to conform to societal expectations. The participants were unconsciously limiting themselves because they are women and have their assigned “roles”. So, the statement such as “*I am satisfied with the recognition that all of the power needed for change is in us*” was of great importance. The patriarchal principles are deeply rooted in our society and usually both, men and women, follow them unconsciously and continuously.

Advanced seminars led by the family therapist from Germany Erika Uhl, was organized in November. 12 participants, all women who had completed three or more modules of Family Dynamics seminars, attended it. All participants were professionals (including Amica Educa seminar leaders) working with other people. The topic “**Inner Child**” was very intense for participants and it initiated psychological processes in many of them. The seminar’s aim was to satisfy the needs of professionals for personal support. Participants stated that they needed time for themselves and this was an opportunity to be in touch with themselves but also to observe the group processes and the way of leading the seminar by a foreign therapist and to compare with their own experiences.

Group meetings

Participants from the Family Dynamics seminar continued to meet, every first Saturday in the month, to work on issues and problems encountered in their personal lives.

2.5. Advanced seminar “Art – therapy”

Leaders: An Cornelissen and Esther Peek

In March 2013, an advanced seminar in Art Therapy was held; theme of the seminar was Senses. Nine participants, who had previously finished basic three modules in Art Therapy, took part in this seminar. Professionals from psychology, pedagogy, social work, education and special education took part. The seminar focused on improving participants’ knowledge and skills about perception of their surroundings, observation, boundaries, balance etc. in relation to the 12 senses and art therapy experiences.

2.6. Seminar “Sexual Abuse in Childhood”

Leader: An Cornelissen

Two groups, 13 participants in the first and 11 in the second, completed three modules of the seminar in April, May and September. The seminar was organized in cooperation with the Ministry of Labor, Social Affairs and Return, Tuzla Canton. The participants were employees from social work centers, Home for Children without Parental Care (an orphanage), SOS villages for children.

In the beginning, participants had difficulty accepting the facts and statistical data about the frequency of sexual abuse of children as well as processing actual stories and testimonies. Such reaction is common for people who directly encounter the topic for the first time. Their reaction was unexpected though since these were professionals who typically would encounter sexual abuse of children in their jobs. The participants, aware of their lack of education on the topic, saw the need for systemic education of all people who may during their work encounter victims of sexual abuse (especially those working with children).

It was particularly effective to have a police representative from the Department of Juvenile Delinquency in the seminar. As the participants pointed out at the end of the module, bringing people together from relevant institutions has simplified further contacts between them. It also strengthened the network of professionals who encounter the problem of sexual abuse in childhood in their work.

Participants emphasized a priority need to work on breaking the taboos about this topic. Accordingly, media appearances and campaigns are key in the fight against sexual violence against children. They admitted that conversations on this topic must be open and direct, though they themselves had not been doing so because they were not aware of the importance of it. "Taboos help the abusers" was the key message from the seminar according to the participants. However, they were only able to say it out loud after they came out of the resistance process and brought the material from the two first seminar modules into awareness.

Participant attitude changes can also be seen from their verbal and written statements: *"I gained more confidence in working with clients. Now I know exactly how to handle a client when I have suspicions or when I know that they have been sexually abused, regardless of whether I am working with an adult or a child". "After the second module I started to have suspicions about everything and everybody (everybody was a potential abuser). I was a little bit afraid of it, but I was told that it is a part of the process of becoming aware, and then I simply started watching things and people from an aware viewpoint that sexual abuse exists in our surroundings. Everything I learned not only will make my work easier, but I will try to pass on this knowledge to the other colleagues at work, my friends and my family". "All people as well as we, the social workers, of course close our eyes to this problem, maybe even when it is apparent. We do that because we do not know how to behave, what to do. We are afraid to cause even more damage that can happen if we do not behave correctly. After this education I am not afraid to face this problem and I also think about some of my former clients. Now I am sure that there was abuse there and now I am very sorry that I did not participate in Amica Educa seminars before".*

At the request of the participants from the Home for Children without Parental Care, Amica Educa organized further support in the form of 4 supervision sessions specifically for working with children. Additionally, with the Ministry's support, Amica Educa implemented 8 workshops entitled "My Body Belongs to Me" for 20 children from the Home.

2.7. Seminar "Music Therapy with Drums" **Leaders: Vladana Ninic and Azir Mustafic**

A basic seminar in music therapy was held in October, November and December. Twenty participants completed the education. Great interest was shown in this music therapy seminar, evidenced by the high number of participants and the fact that the group remained almost fully intact until the very end.

Participants came from various fields of expertise: social workers, pedagogues, psychologists, special education providers, students and one economist. Four men and 18 women attended this seminar, the majority unemployed. For some participants, it was the first time to take part in this type of seminar. Participants' expectations were to: learn and feel music therapy techniques, relax and calm down, spend time with other people and enjoy themselves, let go of stress and tension through music. Two participants had had music education and they wanted to expand their knowledge about this approach to music and how to use it.

Group dynamics happened slowly due to the size of the group and diversity among its members; participants came from different work fields and with different experiences. The most significant change happened on the second day of work when participants took the instruments and started playing, some of them for the first time. The release of emotion, joy and energy that happened during playing was a cathartic moment in this module.

There was a lot of support and understanding among the group. When participants talked about their intellectual and emotional breakthroughs, other participants immediately joined in and talked about their personal experiences. Through this, a steady development of group dynamics and empathy occurred.

One participant really appreciated the hands-on work she was directly involved in during the module. This way she was able to see the practical application of all the theoretical topics covered. For example, when work was done on emotions, it was immediately followed by an exercise on how to get in touch with emotions, and how to show them through use of the instruments. When work was being done on communications, she was able to immediately experience what is bad and what are good communication and her correlation to it. She says so many things were brought to consciousness that: *"I immediately started working; creativity and relaxation were released the minute I took the drums to play, which usually does not come easily to me"*. As she quoted: *"I released the child in me"*.

Another participant said that on the very second day she was noticeably relaxed, that she had slept better, that she was consciously breathing, and that she was very positive and that she did not get upset for no reason. The participant who works as an economist noted that for the first time in his life he enjoyed learning. He said that for the first time he had the opportunity to learn through group work with a lot of fun, creative, clear and thematically specific techniques and methods. He wanted to attend all of the seminars, which take place in Amica Educa.

Some participants immediately started working on a plan on how to use adopted methods and techniques in their work with clients. All participants who work with clients emphasized that they now use music a lot more in their work as an auxiliary method for relaxation and during guided meditations. They apply regular breathing exercises with all clients. They suggest their clients to sing and listen to music, and teach them that they should find appropriate application for music in their lives. Participants who work with children now apply a lot of techniques and methods they had learned in the workshop, and report that children are happy to accept new ways.

All participants expressed that they have changed their attitude towards music and that now they pay a lot more attention to the music. Everyone felt the therapeutic effects of music: greater relaxation, freedom and pleasure during playing and singing, the importance of silence and inner peace in life and in music.

2.8. Training "Personal and Business Skills" **Leaders: Ivona Erdeljac and Selma Alicic**

Three modules were organized in May, June, September for 12 unemployed women; three had high school education and 9 had university education in different professions (Economics, English language, Speech Therapy, Law). Although all of them are unemployed, two of them have had rich professional experience working in different local and international organizations for many years. As they shared their experiences related to the topics, it gave the additional value to the seminar.

All of the participants have seen the value of these topics in everyday life. There were several aspects participants emphasized as beneficial during training:

- Increased knowledge about the communication process (verbal and nonverbal);
- Increased awareness about their way of communicating,
- Use of arguments in everyday situations,
- Active listening and understanding,

- Negotiation processes,
- Overcoming insecurity during conversations.

Special emphasis was placed on individual preparation for interviews, presentations, debates, negotiations and conflict resolution.

All of the participants expressed their satisfaction with the training and valued its contribution to their lives. The majority of them have become more active in the labor market, searching for job vacancies and applying for jobs. After the training some of them have been on a few interviews. Only four participants did not report being employed and/or engaged in any way. Two of them have started internships. One of participants started working as the coordinator for the European Center of Education for Bosnia and Herzegovina. Two participants worked during the B&H Census taking. Three of them worked in NGOs as volunteers and even one has been engaged as a trainer for rural women in Tuzla Canton.

All of them reported improving their confidence in relationships with other people. Most of them emphasized improvements in communications: being more attentive and better listeners, dealing with and avoiding unnecessary conflicts while being more observant of nonverbal communication. Participants also felt they now were better able to make representations about their personal and professional competencies. Regarding implementing new methods and skills at work, one young participant said: *'I have led a training session for census takers and I knew exactly how to organize the training and what was needed. I also have been giving clear answers to census taker questions about how and why to do certain things'*.

In addition to the professional context, participants reported that they noticed positive changes in their private lives as well. These changes mainly included better communication with family and friends:

- Raised tolerance in conversations,
- Better awareness of own behavior in conversations,
- Listening,
- Use of clearer arguments in discussions,
- Different approach to conflicts,
- More observing of body language.

Participants also reported increased self-confidence, reduced anxiety, creative thinking, and constructive analyses of situations.

All participants successfully passed all three exams in December and Xpert PBS Central awarded Xpert PBC Certificates to them from Germany.

2.9. Seminar “Free Painting”

This seminar was **lead by Mrs. Ester Peek**, Art therapist from Holland in September. Free painting was held with a group of 13 professionals and students. The topic of the seminar was the artist Vincent Van Gogh and the application of his way of observing the world and his way of expressing those observations through painting and drawing.

3. FAMILY COUNSELING CENTER

The Family Counseling Center provides the citizens of Tuzla Canton with a unique offer. It provides social and psychological counseling and psychotherapy that is outcome-oriented, following ethical norms. Professionals help and support clients to face and resolve problems and difficult situations.. Additionally, the Family Counseling Center offers a number of different activities aimed to prevent and improve physical and psychological health, stress reduction and elimination, creative leisure time activities, generally improving the quality of life.

2.1. SOS Telephone

Persons engaged: Surety Babic and Zlata Nisic

One hundred twenty-three people called the SOS line in 2013. Of that total, 40 people asked for psychological help related to the following problems: personal crisis (stress, anxiety, depression, panic attacks), partnership problems, marital problems, difficulties in raising children, etc. Forty-four people asked for support with family violence (physical and verbal). A portion of these callers was directed to further psychotherapeutic treatment within Family Counseling or to other organizations providing similar support. Thirty-four people asked for different information or different type of support. These were mostly requests for material or financial aid as in previous years. A very small portion of callers sought medical treatment for their children. When possible, Amica Educa provided this type of support as well.

2.2. Individual, Couple and Family Counseling and Psychotherapy

Persons engaged: Zlata Nisic, Vladana Ninic, Alma Azderovic and Zlatko Kalabic

Psychotherapy and counseling services for individuals, couples and families continued during 2013. Appointment sessions were with the 4 therapists on staff.

During 2013, 369 sessions were held for 83 people. The number of people asking for psychotherapy support almost doubled in relation to last year. This increase can be interpreted as a sign of better positioning and trust that citizens have toward services that Amica Educa provides. Alternatively, it can also be a sign of increased difficulties and problems in the everyday lives of the citizens of t Tuzla Canton.

All therapeutic and counseling sessions were focused on:

- Elimination and prevention of socio-psychological problems and difficulties,
- Harmonization of family and marital relationships,
- Creating positive habits and forming healthy life attitudes,
- Educating citizens about the importance of the mental health in general.

2.3. Psycho-Educative Workshops with Children

Persons engaged: Merima Salihbegovic and Azra Ahmetovic

During 2013, workshops were held for two groups of children. Participants included 15 children, ages 4 to 10. Workshops were structured in such a way that they could be adjusted to the capabilities and needs of every child attending. Work was focused on the use of creative techniques of Art Therapy, positive discipline methods in raising children and numerous interactive games. The goal of the workshops was to provide support to children in their healthy growth and development as well as developing each of their inner potentials.

2.4. Psycho-social Work with Women Returnees in Republic of Srpska (Snagovo)

Persons engaged: Tenzila Hujdur and Vera Erdeljac

During 2013, psychosocial work with female returnees in Snagovo was done once a month, according to a plan that had been agreed upon with the beneficiaries in advance. In total 14 sessions were held. The group was open and it included up to 20 members (ages from 35 to 68 years old). The meetings' main focus was to provide psychosocial support and simultaneously motivate the members for financial empowerment. In accordance with that, two members joined an association that makes and sells handicrafts. By selling their work, they started making a small, but for them a significant, financial profit.

2.5. Work with Women Refugees in Tinja Settlement (Former refugee camp)

Persons engaged: Šuhreta Babić and Zlata Nišić

In the period of 5 months, 24 workshops of psychosocial support were held. Participation was open and the number of members fluctuated. Eighteen women participated in the sessions, and they were divided into two groups. Positive changes in everyday behavior and functioning were noted as a result of the consistent long-term work. Noticeable changes also occurred with the group dynamics. Communications opened much quicker and participants more easily talked about problems with their children and in their community. There is a high degree of trust within the group and in the leader. An especially noticeable change is these women's ability to open up and talk about their missing family members. They have noticed changes in their attitudes, accepted life where they are now located and this acceptance has brought them inner peace. There still is a big resistance and blockage in opening up to new partnerships or relationships. A great majority of these women denies the need for a partnership with a man.

2.6. Psycho-social Sessions for Roma Women in Kiseljak Settlement

Persons engaged: Šuhreta Babić and Zlata Nišić

Our work was organized with the same group of 19 women as in previous years. Eighteen sessions were held plus a one day-trip in September to the mountain Konjuh, near Tuzla.

The same concept from previous years was retained. To activate the women and to improve their confidence and presentation skills, each had the task to prepare and lead a short program of physical exercises and/or to prepare a guided fantasy during one of the sessions. This has also resulted in improved group dynamics, relations within the group, as well as group support systems.

To give these women sustainable skills to help them provide for their families, we have included knitting lessons in some sessions, and provided them with wool. Amica Educa had engaged women from a local Association, 'Kreativa', to teach the women knitting.

Through the knitting sessions, the women had the opportunity to understand their own value and to understand that they are capable of financially contributing to their families. They were able to briefly step out of the imposed stereotypical gender roles as worthless, unproductive and dependent women. We plan to include Roma women more actively in developing and running the sessions, helping them acquire productive skills they can use in the future to improve their lives.

2.7. Psycho-educative sessions for Roma children in Kiseljak Settlement

Person engaged: Merima Salihbegović

School officials emphasized satisfaction with achieved results and expressed readiness for future cooperation. Seventeen children participated in the workshops. Nine children were new to the group while 8 have participated in our workshops in previous years. School officials felt that these 8 children could further benefit from this kind of support as it was noted that the workshops had already had some positive effects on them. Twenty workshops were held in total.

New members followed the behaviors older ones, so less time had to be spent on learning the rules and forming positive group discipline. The children constantly wanted to share things that happened in their families or in school. For most of them, these workshops provided their only opportunity to share and be heard. As these children's voices are not heard within their families or in school, this opportunity was very important for raising their self-confidence. As part of developing better cooperation with the school and its teachers, we offered four places for schoolteachers in our seminar "Positive Discipline in Raising Children". Three teachers did come and they were very interested in the seminar and actively involved.

2.8. Psycho-educative sessions for Children from Home for Children without Parental Care **Person engaged: Merima Salihbegović, Vladana Ninic**

Within the project Prevention of Sexual Abuse in the Childhood, 8 workshops were implemented for two groups of beneficiaries from the Home for Children without Parental Care, Tuzla (an orphanage). Workshops themed "My Body Belongs to Me" included 20 children ages from 10 to 14 years old. The workshop content was carefully prepared by an expert team and adjusted to the specific needs of this targeted audience.

The question of healthy physical and personal boundaries is very important in all types and forms of violence (psychological, physiological, sexual, etc.). Therefore, a large number of workshop exercises and activities related to raising awareness of boundaries. Raising awareness to respect personal boundaries and demand for respect of the same taught children that it is of utmost importance to respect both boundaries and personal space of other people. Children are taught how to say "NO" as well as to accept somebody else's saying "NO".

The focus was on teaching children how to become aware and verbalize their own emotions and needs. It is evident that our exercises had therapeutic effects on several children. They were able to release blockages and clearly express themselves and their needs.

After the workshops, a supervisory meeting was held with representatives from the Home. All parties involved in the project were extremely pleased with the cooperation and achieved results.

2.9. Recreational Exercise for Women - Person engaged: Azra Dobrinic

Two groups of women (middle-aged and elderly) gathered twice a week in the afternoon to improve their physical and mental health and at the same time allowing them to participate in social activities and feel included. During 2013, 123 sessions of recreational exercise were held. Twenty-seven women participated in this activity.

2.10. Yoga Exercises - Person engaged: Adem Sehic

In 2013, 1 group of adults got together twice a week in the afternoon to develop their mental and physical capabilities. 79 yoga sessions were organized. Eighteen people participated during the year in this activity.

2.11. Dances of Universal Peace and Reiki session/workshops - Person engaged: Tenzila Hujdur

In total 44 sessions of Dances of Universal Peace and Reiki were organized in 2013. 16 people participated in the sessions where they were given an opportunity to improve their individuality through the use of spiritual and relaxation techniques.

2.12. Relaxation Massages - Person engaged: Almasa Alic

During 2013, 280 relaxation massage treatments were organized for 59 people. Individuals that used relaxation massages reported improvements in their overall health as well as improvements in general functioning and less pain in specifically treated body parts.

4. PROMOTIONAL ACTIVITIES

As in previous years, Amica Educa printed **leaflets** and distributed them to various institutions and organizations: kindergartens, primary and secondary schools, special schools, centers for social work, pedagogical institutes, health centers, Center for Mental health, Home for Children without Parental Care, the Employment Institute as well as many non-governmental organizations and associations within the area of Tuzla and Tuzla Canton.

In addition to the **website**, particularly good effects were achieved with reaching participants and beneficiaries through the **Facebook** page. Social networking also proved to be the best in maintaining contacts with people who have previously participated in seminars. Upon joining our Facebook page, they registered for other seminars and activities offered by Amica Educa.

Local portals also published a variety of information (seminar and other activities announcements, project cooperation, the Association Assembly, the issuing of certificates, press conferences, etc.) related to the activities of the Association. In this way, at no cost, a large number of people was covered and introduced to the organization and its activities.

Amica Educa organized a **press conference** on the 24th of September about the seminar topic "Sexual Abuse in Childhood". We intended to begin breaking taboos, as well as to promote the project and the work of the Association. Besides representatives of Amica Educa, other participants included representatives from the Home for Children without Parental Care and the Ministry of Work, Social Politics and Return TK. Coverage was broadcasted in the entire area of Tuzla Canton as part of the prime-time news show. News articles were also published later on in the most read newspapers in Bosnia "Dnevni Avaz" and on two websites "Novo Vrijeme" and "Independent Balkan News Agency" (in English). The Radio Slobodna Evropa subsequently contacted Amica Educa and a TV program was taped that was aired on 33 different television stations in B&H.

5. COOPERATION WITH GOVERNMENTAL INSTITUTIONS AND NGOS

5.1. **Ministry of Labor, Social affairs an Return** of Tuzla Canton

As a response to the discovered case of sexual abuse within the Home for Children without Parental Care, the Ministry of Labor, Social Affairs and Return contacted Amica Educa with an appeal for support of further treatment and discovery of this problem. Upon approval of the project proposal, Amica Educa started providing Sexual Abuse in Childhood seminars for two groups of participants – professionals from the social sector. The Ministry was entirely responsible for the organization portion including contacting participants, distribution of invitations, group formation etc. Amica Educa conducted the education portion. Cooperation on this project was very satisfactory for both involved parties.

5.2. **Home for Children without Parental Care (Orphanage)**

Within the above-mentioned project, Amica Educa also established cooperation with the Tuzla Home "for Children without Parental Care (Orphanage)". Eight workshops entitled "My Body Belongs to me" were organized for twenty children from the home. Working discreetly and unobtrusively with the children, sexual abuse issues were covered with the main focus on prevention.

In addition to this, Amica Educa organized supervision sessions for the employees of the Home who participated in the education "Sexual Abuse in Childhood"; several of these employees had expressed the need for it. Four such sessions were held at the Home.

5.3. Pedagogical Institute

Amica Educa continued cooperation with the Pedagogical Institute Tuzla through a joint offering of "Creative Support for Culture of Religion Teachers" seminars. Two modules were implemented for two groups of participants (teachers from elementary schools from Tuzla municipality). The seminar offered participants information about different religions that they in turn could present to their pupils through creative methods of singing and dancing. Amica Educa was responsible for implementation of the seminar, while the Pedagogical Institute was responsible for preparation and organizational activities.

5.4. University of Tuzla – Faculty of Education and Rehabilitation

Cooperation with the Faculty of Education and Rehabilitation of Tuzla University was also continued through the Project "Tandem University – Amica Educa". This project includes education of students in their third and fourth years of study, on the topic "Creative Expressive Painting". During 2013, Amica Educa implemented one final module of the education for 5 groups of students (in total 60). Due to lack of financial support from the organization and University, Amica Educa decided to suspend additional seminars for students.

6. VISITS OF AND WITH DONORS / PARTNER ORGANIZATIONS

6.1. Amica Schweiz Executive Director Visit

From April 26-30 Andrea von Bidder, executive director of Amica Schweiz, visited Amica Educa together with new member of the Amica Schweiz Board, Elisabeth Partyka. The aim of the visit was regular monitoring of the project and Amica Educa's work.

6.2. CFD Coordinator Visit

Nina Hoessli, CFD coordinator for Southeast Europe and Kosovo came to visit and monitor us June 4 – 5 and 30 – 31 October 2013. During her visits, Nina reviewed those Amica Educa project activities financed by cfd.

6.3. Amica Educa Team Members Visit

In September 03 - 07, Ivona Erdeljac and Merima Salihbegovic visited partner organization Amica Schweiz in Switzerland. The Amica Educa representatives had several meetings with the board members and executive director of Amica Schweiz to discuss work of Amica Educa, the current situation in Amica Schweiz and further cooperation of our two organizations. On September 5th representatives of Amica Educa participated in Amica Schweiz' Annual Meeting, where they presented Amica Educa's work from its founding and presented the project 'Sexual Abuse in Childhood'.

6.4. Visit of a group of people from Switzerland

A visit to Bosnia and Herzegovina and Tuzla was organized by Annegreth and Matthias Zimmerman, for Swiss associates and friends of Amica Educa. On June 9 the 11-person group visited Amica Educa. The representatives of Amica Educa gave a presentation about the history and development of our organization and organized a half-hour workshop for the group about Dances of Universal Peace.

7. CAPACITY BUILDING / TEAM EDUCATION

7.1. Training „Management in education”

A training was organized by the Institute for International Cooperation of German Adult Education Association (dvv-interntaional) for directors and managers of institutions and organizations working in a field of adult education. The training consisted of three modules organized in October, November and December each lasting two full days. Amica Educa was invited as an adult education provider. Its representative was introduced to organizational and strategic management topics such as finance, marketing, human resources management, total quality management, etc. Participants were required to prepare an independent business plan using the presented training topics.

7.2. Workshop „Assessment and planning of services in preparation of youth for exiting public care, introduction with techniques, questioners and scales of assessment in the area of social protections”

On 27 June an Amica Educa representative participated in an educational workshop entitled „Assessment and planning of services in preparation of youth for exiting public care, introduction with techniques, questioners and scales of assessment in the area of social protections”. In the workshop, participants were thoroughly introduced to social work techniques, questionnaires and assessment scales. These are used to assess a beneficiary’s state, developmental and life skill needs: emotional, social, intellectual, physical and others. Life skills such as self-care, personal safety, coping with crisis situations are considered. The workshop was mainly intended for professionals who work in the social protection system and work directly with children without parental care. Amica Educa was invited to attend because we were recognized as a relevant organization that could use the presented knowledge.

7.3. Training „Strengthening Sigurna mreža (Safe Network)”

From 13 to 28 May 2013, one Amica Educa representative took part in a training that was organized by the “Foundation of local democracy” on behalf of the Sigurna mreža (Safe Network), of which Amica Educa is a member. The training was structured to use knowledge and skills of 8 nongovernmental organizations that have experience in fighting gender based violence/domestic violence. In total 4 sessions were held with different focuses: Prevention; Protection & rehabilitation; Legislature and Lobbying.

7.4. Education „Gestalt Pedagogy”

From 28 November to 1 December, one Amica Educa representative participated in an education „Gestalt Pedagogy”. Lecturers were from Kirchliche Pädagogische Hochschule, Graz, Austria and Ljubljana University, Slovenia. The education presented experience based work that was followed by shorter theoretic inputs. During the education, deeper contact was made with „Inova 4T”, the agency which organized this education. We discussed possible future cooperation on similar projects.

7.5. Education in Systemic Approach in Working with Families, Individuals and Systems

Selma Alicic, has started working on her degree in Systemic Approach in Working with Families, Couples, Individuals and Systems. The provider of this education is the Center for Family, Family Therapists, and Systemic Education from Belgrade, Serbia and is certified by the European Association for Psychotherapy and Family Therapy. This education will last 4 years and upon successful completion, the title of therapist is awarded. There is the possibility to complete just two years of work and receive the certificate of Counselor.

8. FUNDRAISING / OPPORTUNITIES FOR NEW PROJECTS

During 2013, Amica Educa has written and submitted the following project applications:

- Project “LEARN!!! (Long life Education for Adults- Reforms – NOW !!!) in partnership with CRP (Center for Development and Entrepreneurship) Tuzla, submitted on April 29, to Delegation of the EU to BH - European Instrument for Democracy and Human Rights. (Not approved)
- Project “Family Counseling Centre” submitted on July 09, to BH Telecom. (Not approved)
- Project “Family Counseling Centre” submitted on July 26, to Ministry of Labor, Social affairs and Return of Tuzla Canton. (Approved)
- Project “Education – primary prevention of the addiction disease” submitted on July 30, to Ministry of Labor, Social Affairs and Return of Tuzla Canton. (Approved)
- Project “Breaking the Silence of Sexual Abuse in Childhood” submitted on October 14, to Suleyman Kerimov Foundation. (Pending)
- Project “Breaking the Silence of Sexual Abuse in Childhood” submitted on November 28, to Czech Republic Embassy, Department for Development Cooperation. (Pending)
- Project “Digital Inclusion of Marginalized Women” submitted on December 13, to the Institute for International Cooperation of German Adult Education Association (DVV). (Not approved)
- Project “Digital Inclusion of Marginalized Women”, submitted on December 15, to the Global Fund for Women. (Pending)
- Project “The Answer to Modern Educational Challenges by Applying Innovative Methods in Family and School” submitted on December 20, to the Ministry of Work, Social Labor and Return Tuzla Canton. (Pending)
- Project “The Importance of Adult Education for Youth Employment” submitted on December 31, to YEP - Youth Employment Project. (Pending)

9. ORGANIZATION / OTHER

9.1. Annual Assembly

Our Annual Assembly was organized on March 31. It included the presentation of the narrative and financial reports for year 2012 as well as activities planned for 2013 and the corresponding budget.

9.2. External Evaluation

CFD engaged an external evaluator to conduct an evaluation of CFD-sponsored projects from 2010 – 2012. From 5 to 8 March an external evaluator from Sarajevo visited Amica Educa and interviewed our management, team members, associates engaged in the projects, seminar participants, and representatives of institutions Amica Educa cooperates with. These included the Ministry of Labor, Social Policy and Return of Tuzla Canton, Pedagogical Institute Tuzla and Faculty for Education and Rehabilitation. The external evaluation report generally positive and recommendations for further development and professionalization of the organization were given.

9.3. Audit

The certified audit firm Auditor has done an external audit of Amica Educa’s 2012 finances. Their audit report includes the following conclusion: “In our opinion, the attached finance reports give an accurate and fair picture of the assets, capital and liabilities of the association, with the balance on 31st of December 2012, as

well as business result, pursuant to the IFRS (International Finance Reporting Standards) and applicable BiH Law on Accounting and Audit”.

9.4. Workshop offer for certain organizations and institutions

The employees of the “Institute for Children with Difficulties in Physical and Psychological Development” are very well acquainted with the work of Amica Educa. At their request, Amica Educa organized and implemented two **workshops in June for children of a boarding school** that is an integral part of the Institute. The workshops included children of all ages who were introduced to various techniques and methods: dances of universal peace, creative expressive methods including art therapy and painting elements. The children and teachers positively received the presented techniques and activities. Continued cooperation with this institution is foreseen with eventual allocation of funding to cover the activity expenses.

9.5. Renting the ground floor

At the end of January, the political party SBB (Stranka za bolju budućnost) that had been renting the ground floor of Amica Educa house, canceled its lease and moved into another space in the town. Amica Educa advertised its office space leasing by sending it to local TV, publishing in local newspapers and sending by an e-mail list. The Democratic Party “Demokratska fronta of B&H”, newly founded by a respectable politician, applied and moved in April 2013. This rental income provides additional funding income Amica Educa.

10.9. PARTICIPATION AT VARIOUS MEETINGS, DEBATES, PRESENTATIONS, ETC.

10.1. “MentoRING” Project

The NGO „Center for Development of Civil Society” started the MentoRING project covering the territory of Bosnia and Herzegovina. The aim of the MentoRING program is to support women in their professional development by liaising them with other women who have rich work experiences and contribute positively to our community. This mentoring project inspires women and liaises women from all fields of work. Amica Educa representatives were contacted to apply for participation as mentors to other women. Selma Alicic and Ivona Erdeljic applied and each spent a day with their mentees.

10.2. Round table “Possibilities of Applications of Educational Recommendations and Improvement of Prevention System for Juvenile Delinquency in Tuzla Municipality”

On 29 April 2013 a round table was held to present the working material “Application of Alternative Measures and Educational Recommendation for Juvenile Delinquents in Tuzla Municipality” and to introduce participants with the achievements of this project. One of the conclusions emphasized by the representatives of nongovernmental organizations (Amica Educa and others) was the necessity for prevention of addictions. NGOs have necessary resources including quality education, workshops or day activities for children. Merima Salihbegović attended.

10.3. Round table “My Story: Let’s Choose Peace Together”

On 26 June 2013 Šuhreta Babić participated in a round table (within International Day of Support to the Victims of Torture). Presenters were experts with experience in providing psychological support to torture victims as well as representatives of associations that bring together concentration camp prisoners from the previous war.

10.4. Conference “Planning, Formative Assessment and Extracurricular Activities as a Tool for Development of Children’s Key Competencies”

A conference of educators was organized August, 22 – 24 in Sarajevo by Center for Educational Initiatives Step by Step from BiH. Selma Alicic and Tenzila Hujdur participated. The Conference included workshops that addressed important questions and offered models and solutions for improving the quality and efficiency of the education system in the region. The intent is to ensure development of children’s key competences such as critical thinking, innovativeness and creativity, competences related to principles of social justice and responsibility in preschool and primary school education.

10.5. Conference “Connexchange”

From 26 to 28 of September, Merima Salihbegović participated in the Conference Connexchange 2013, in Neum (B&H). Organizers of the Conference were the Office for Voluntary Return Stockholm City, Sweden and Centres for Local Development and Bosnian Expatriates. Participants of the Conference were NGO’s from B&H, Sweden, England and USA. The aim of the conference was to provide networking across organizations and to provide participants with support in creating new ideas for joint projects. The conference resulted in a few new project ideas but Amica Educa did not find interest to engage in those projects. We did express the willingness to engage as an associate in some project ideas related to educational topics.

10.6. Meeting at the Ministry of Education, Science, Culture and Sport of Tuzla Canton

A meeting with the representatives of the Ministry was held on 26 September. Ivona Erdeljac and Selma Alicic visited the newly appointed Minister. The aim was to present the work of Amica Educa, planned projects for 2014 and to consider possibilities for support. The Ministry is willing to support Amica Educa in its projects but cannot provide funding for these projects.

10.7. Forum “FREJA” – Brussels, Belgium

Per the invitation of Association “Prijateljice”, Ivona Erdeljac was in attendance along with 8 representatives from B&H delegation from 3 to 5 November of 2013 at “Freja” in Brussels, Belgium. The forum was organized under the creed: Equal Opportunities, Democracy and Challenges of European CSO. One of the ideas that came out of the forum later developed into a project proposal (Digital Inclusion of Marginalized Women). Several donors have been contacted about this project proposal.

10.8. Conference „Role of media in women’s empowerment“ was organized November 20 - 21. It was organized by the Association „Prijateljice“ and Ivona Erdeljac participated. Two TV reportages were shown „Three Successful Women’s Stories“ and „Three Non-Stereotypical Women’s Occupations“, which were followed by discussions about the promotion of women’s equality and use of the media for that purpose.

10.9. Study visit – Regional Anagogical Academy

From 5 to 9 November, Merima Salihbegović participated in a study trip 'Further Education of Adult Educators' in Germany, organized by DVV-International. Visits to the institutions of formal and non-formal adult education were well organized. Presentations were interactive and the group had opportunities to ask questions and focus on areas of interest. Since Amica Educa is a local NGO who provides programs of non-formal adult education, visits to VHS Rhein-Sieg and to VHS Rheinland-Pfalz together with Gutenberg University Mainz, were most interesting. To see how non-formal adult education is organized, financed and promoted was extremely useful. Seeing how a VHS responds to the needs of the community by providing them with additional education and opportunity to grow and develop was very motivating.

11. STATISTICAL DATA FOR YEAR 2013


EDUCATIONAL PROGRAM					
No	Name of the seminar	Beneficiaries	Number of modules	Number of days	Number of participants who finished education
1	Creative Expressive Painting	Basic education for professionals	3	9	14
		Advanced education for professionals	1	2	10
		Practical education for students	9	27	47
2	Nonviolent communication	Basic Education for professionals	3	9	12
		Advanced education for professionals (local leaders)	1	3	11
3	Universal Peace Dances	Basic Education for professionals (group 1)	2	6	26
		Basic Education for professionals (group 2)	2	6	16
		Advanced seminar (foreign leader)	1	3	16
4	Positive discipline in raising children	Basic Education for professionals	3	9	17
5	Family Dynamics	Basic Education for professionals	3	9	10
		Advanced seminar (local leaders)	1	2	11
		Advanced seminar (foreign leader)	1	2	12
6	Art – therapy	Advanced seminar (foreign leader)	1	3	9
7	Sexual abuse in childhood	Basic Education for professionals (group 1)	3	9	11
		Basic Education for professionals (group 2)	3	9	13
8	Music – therapy	Education for professionals	3	9	20
9	Expert Personal and Business Skills	Education for unemployed women	3	9	12
10	Free Painting	Education for professionals	1	3	13
TOTAL			44	129	280

FAMILY COUNSELING CENTER				
No	Name of the activity	Number of groups	Number of sessions / workshops	Number of beneficiaries
1	SOS telephone	-	-	123
2	Individual, couple and family counseling and psycho-therapy	-	492	83
3	Psycho-educative workshop with children	2	89	15
4	Psycho-social work with women returnees in Republic of Srpska (Snagovo village)	1	14	20
5	Psycho-social work with women refugees in Tinja settlement (former refugee camp)	2	24	18
6	Psycho-social session with Roma women in Kiseljak	1	18	19
7	Psycho-educative workshops with Roma children in Kiseljak	1	20	17
8	Psycho-educative sessions for children from Home for Children without Parental Care	2	8	20
9	Recreation gymnastic for women	2	123	27
10	Yoga exercises	1	79	18
11	Dances of Universal Peace and Reiki session/workshops	1	44	16
12	Relaxation massages	-	280	59
TOTAL		13	1'191	435

NUMBER OF AMICA EDUCA BENEFICIARIES AND PARTICIPANTS IN YEAR 2013		
1	Educational program – total number of participants	280
2	Family counseling center – total number of beneficiaries	435
TOTAL		715

Tuzla, March 06, 2013

Program Coordinator


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