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WORK REPORT
ASSOCIATION
"PRIJATELJICE OBRAZOVANJA – AMICA EDUCA"
YEAR 2008

Tuzla, January 2009.

A) INTRODUCTION

Association "Prijateljice obrazovanja Amica Educa" (in following text Amica EDUCA) is a formally registered nonprofit and nongovernmental organization based in Tuzla, Bosnia and Herzegovina (B&H). The organization is established in September 1996 by the group of experts in psychosocial works.

VISION

Amica Educa is non-governmental organization with vision that is so closely attached to improving the quality of life in B&H generally, this vision is defined through changes, accomplishments and also through this special stage that we describe as: youth and adults, active members of democratic society, living healthier and better life in a culture of long-life learning.

MISION

Amica Educa is non-political, non-governmental, non-profitable organization which by its practice in B&H and South Eastern Europe contributes to improving the quality of life of individuals and society in a country by applying the concept of lifelong learning, practicing alternative and traditional approaches in psycho-social work with youth and adults, with the tendency towards European integration.

THE GENERAL AIM OF ORGANIZATION IS:

to contribute to development and democratization of B&H through development of the quality and variety of educational and social services, mental health care of individuals and initiation of positive legal regulative through direct support, application of innovative approaches in education of professionals and promotion of the civil society role

THE PROJECT GOALS

- To strengthen the organizational resources in partnership with nongovernmental, governmental and business sector in order to support the process of profesionalization and sustainability of organization
- To contribute to introduction of innovative approaches, knowledge and skills to psychosocial work through education of professionals and promotion of lifelong learning.
- To strengthen the capacities of individuals employed by organizations and companies through development of new skills and knowledge with the aim to create prestige organization with satisfied staff.
- To support the individuals and families (especially families with disturbed structures and relationships) in state of psychosocial need by providing the counseling, psychological support and therapy and applying innovative and alternative methods.
- To raise the level of public consciousness concerning the role of nongovernmental sector in development of civil society through promotion activities and public pleading.

Amica EDUCA implements projects in the whole territory of B&H, focusing on the North, East and South-East B&H. However, the prime territory covered by Amica EDUCA operations is Tuzla canton, the largest canton in B&H. Organization serves to a wide spectrum of beneficiaries, such as persons in need of psychosocial support, mainly women, victims of violence, minority groups, social workers, teachers, psychologists, children in schools, students at the university, professors at the university, etc.

Since the 1996, Amica EDUCA implemented a number of projects/programmes, initiatives and media campaigns. The milestone is the **educational program** that enables beneficiary groups i.e. professionals in the field of

education, social work, psychology, etc, to learn innovative approaches for group and individual pedagogical and psychosocial work. Amica EDUCA is the author and implementing agency of the annual project the **Lifelong Learning Festival in B&H** since 2000. In 2006 Amica Educa has become the member of European Association for Education of Adults (EAEA) (www.eaea.org). Another important programme implemented by Amica EDUCA is **psychosocial support to individuals and families**. This programme is also the project Amica Educa implements since 1996. It is important to emphasize that most of the education activities are implemented in the 400 m² fully equipped premises owned by the organization.

In 2008, Amica EDUCA implemented the projects financed by partner organization Amica SCHWEIZ, Institute for International Cooperation of German Adult Education Association (DVV-international), who has been financially supporting the organization continuously in previous years. Limited financing was provided by the Government of Tuzla Canton, Federal Ministry of Justice and Tuzla Municipality.

Amica EDUCA has the competent team of experts who have long-term experience. The staff is a team of trained professionals in the field of psychosocial work, having formal education and additional education in the field of social work, pedagogue, psychology and special education. Amica EDUCA is a project based organization that implements its activities by full time staff through structural projects and engages a number of external staff, mainly experts in the project related fields according to the need of particular projects.

B) AMICA EDUCA PROGRAMS

In year 2008 Amica Educa has continued to implement the programmes that are being considered as an essential part of its work. These are:

1. Educative programme that has been implemented in accordance with one of the project goals: "To contribute to introduction of innovative approaches, knowledge and skills to psychosocial work through education of professionals and promotion of lifelong learning".

The seminars and workshops organized within this project contribute to strengthening the competences of professionals and other interested including students and youth in psychosocial and pedagogic work. Amica Educa has the regular offer of seminars on following topics: Creative Expressive Painting, Family Dynamics, Nonviolent Communication, Universal Peace Dances and Art Therapy. These seminars are offered to the participants throughout the year.

The number of seminars and the participants are presented in the table 1 of this report.

Seminars in Creative Expressive Painting

- In April we have organized one advanced seminar for Team members and our external associates (leaders) that have been led by Mrs. Annegreth Zimmermann, our associate from Switzerland. Seminar was focused on the topic: "the strength of emotions". Except the Creative Expressive Painting, the seminar included the elements of Nonviolent Communication (NVC). This seminar was organized with the aim to improve the capacity building of participants.
- It is important to emphasize that the project "**Tandem University – Amica Educa**" continued in this year (3rd year) and was organized for student of Faculty for Education and Rehabilitation, Tuzla University. Project goal is to support education trough innovative methods as well as to help to improve the education system by introducing creative methods in work with students. After finished education certificates were awarded to the students. The seminars including the topic "Creative Expressive Painting" are organized as a regular practical work of student of third and fourth year of study and are scheduled in harmonization with the school year. So, in the first quarter of the year we completed the education for students that has been started at the end of

previous year. Thanks to the new financial contribution of partner organization "Amica Schweiz" we have continued this project in this school year organizing the first module for five groups of students.

- Four seminars for professionals (social workers and special educators) in this theme have been organized.

Seminars in Dances of Universal Peace

- During the year, two seminars for primary school teachers of religious culture have been organized lead by our certified leader, Tenzila Hujdur. Two groups of participants have been included. One group has completed the education (the cycle of three seminars) and one group started the education in December. These seminars with the title "Wisdom of the Planet Earth" included the participatory work with participants who gained knowledge and skills about alternative methods of transferring the knowledge. Those methods are applicative also in other fields of teaching.
- In April the seminar led by our associate from Germany and local leader has been organized. Our local associates have given their contribution to this seminar and broaden their experience. Two groups of participants who were mostly the primary school teachers had the possibility to learn about the World religions from different perspective.

Seminars in Family dynamics

- In the period of three days in May, the seminar on Family dynamics was organized for students of social work led by our team members. During the preparation of the seminar content was planned carefully and in detail and it was based on curriculum created earlier. As the seminar was accepted by participants with satisfaction, our plan is to make these seminars more frequent.

Seminars in Art therapy

- During this year, three groups of participants have started and completed the introduction education in Art therapy that consisted of three seminars. Total number of organized seminars was 9. Seminars were organized for professionals from various field of work (special educators, psychologists, pedagogues, social workers). The interest was big and some professionals from other towns of Bosnia and Herzegovina: Sarajevo, Goražde, Mostar came to participate.

Also, within Educative programme Amica Educa implements various projects and organizes seminars and workshops on different topics that do not represent the regular offer. In 2008 the following Projects/seminars/workshops have been organized:

- **"Skills of Communication and Empathy in primary schools"**

In November and December, we have organized two seminars for teachers of Primary school, located in rural area of Tuzla. The seminars had the title: "the skills of communication and empathy". Regarding the fact that this school has large number of children of Roma population coming from families with low social status, and that the increase of violence is obvious in last few years, the special focus was on communication problems between these children and teachers.

- **"Learning about human rights"**

Amica Educa was a partner to Association "Obrazovanje gradi BiH" from Sarajevo, in their project "Learning about Human Rights". Within this project Amica Educa organized 3 workshops on "Children's Human Rights" for children of Roma population.

At the beginning of the project in January 19, press conference has been organized where we had opportunity to present the Amica Educa's activities.

At the end of the project the Round Table on "Human Rights" was organized again in Sarajevo where the project activities, applicant and the partners were presented. Also, the debate was initiated about the status of Human

Rights in Bosnia and Herzegovina where different aspects of the Human Rights violation and protection were discussed.

- **'The land without borders - ZEDA'**

In August Amica Educa has been actively participating in the project, more precisely, manifestation for children "The land without borders - ZEDA" organized by Association "Breza" from Osijek. Manifestation was organized for around 1000 children who were included into the workshops lead by group's leaders from Croatia and neighboring countries. Our leaders in Dances of Universal Peace have organized the workshops indoors, but also outside in the Osijek town center.

- **Workshop of children and youth in cooperation with organization "Peace of flame"**

In June Amica Educa has participated in the project of organization "Peace Flame" by leading the workshops for scouts (children and young people) on town picnic ground (Banja). Namely, the Organization "Peace Flame" had organized various outdoors activities for scouts and invited some organization to take part by performing some of their activities and in that way give contribution to the project, but also to promote themselves.

- **Workshop "Human Rights and participatory methods"**

As Amica Educa has cooperation with Humak University from Finland, the student of this university Sirja Salminen was hosted in our organization from February until May. She has been working on her final thesis in youth and community work. It was agreed earlier with her mentor that Amica Educa will provide the assistance for Sirja to organize and lead the workshop on "Human Rights and Participatory Methods" for students of Tuzla University. The two-day workshop was organized in April.

- **Workshop "Vitality management"**

In October, the two day workshop on this topic was organized for two groups of participants. The offer for organization of the workshop came from Mrs. Machteld Huber, medical doctor and Gestalt therapist from Holland who have leaded the workshop. The Amica Educa Team member participated along with other interested participants.

The content of the workshop is an explanation about the (four) different levels that we can discriminate in ourselves as human beings, which all have their own need for attention and which all contribute to our keeping good health. With simple (inner) exercises these levels can be taken care of. These exercises are explained and practiced.

- **Workshop "fairy tales are images of the soul"**

In October, this workshop was organized with Mrs. Sabina Reile, Gestalt therapist and German writer leading and participants were mainly primary school teachers. It was good opportunity for participants to become introduced with the different ways to use the fairy tales in everyday work and to increase imagination, creativity of the children.

- **Workshops/sessions "Dances of Universal Peace" in**

The Dances of Universal Peace have been presented in two organizations in Tuzla ("Peace Flame" House and Association "Snaga žene") including two sessions with 50 participants in total. Also, one session was held with 20 women with breast cancer coming from Association "Women of Tuzla"

The number of workshops and the participants are presented in the table 3 of this report.

2. Psychosocial program is connected with the following project goal:

"To support the individuals and families (especially families with disturbed structures and relationships) in state of psychosocial need by providing the counseling, psychological support and therapy and applying innovative and alternative methods".

This program includes: SOS telephone (open line for the callers who are victims of family violence, and other persons who are in the need of psychosocial support), individual psychological treatments, continuous support for

the individuals and family through alternative program of protection of mental health and psycho-hygiene that includes activities such as: Meditation in Movement, Reiki, Yoga, Recreation Gymnastics, Relaxation Massages, Creative Expressive Painting). All of the activities of psychosocial program are offered on daily basis (SOS telephone support) or weekly basis.

Beneficiaries of this project, adults are enabled to improve their own personality by developing their social competences and to associate with others in different group activities. Children included into the creative workshops have the possibility to learn and develop new ways of expressing, improve their concentration, motivation, socialization, reduce aggressiveness and associate.

Statistical data about the activities of this project and participants are presented in the tables 5 and 6 of this report.

Regular activities:

SOS telephone

SOS telephone line is opened for 8 hours per day and it provides urgent consultative (including psychological) support to the callers, information on organizations and institutions that can provide some other types of support to them. The majority of calls (219 out of 302) have been associated with family violence that concerned the physical violence associated with the elements of psychological torture. Other types of calls (83) are connected with providing the various information's.

Important part of this project is psychological help provided by individual therapy after the phone call. The goal is prevention of trauma and protection of mental health. The number of women included into the individual treatments was 15 and men was 2.

Creative Expressive Painting

Workshops for the primary school children are being organized in the Amica EDUCA atelier. This year one group was included in our work and the workshops are held once a week.

Recreation gymnastic and Yoga exercises as ones of the regular group activities have been organized twice a week included three groups of participants.

Reiki and Dances of Universal Peace workshops are being organized continuously once a week including one group of participants.

Relaxation massages are being implemented according to scheduled time and are offered every day in afternoon hours.

Group work with women returnees in Republic of Srpska (Snagovo village) has included Dances of Universal Peace as a main method of work. Members of the group are women, single mothers, who have chosen to return in their place of living after being refugees in other parts of the country.

Group work with women refugees in village of Tinja, (Tuzla Canton) has been organized at the beginning of the year including 12 sessions in total and continued in the last four months of the year with additional 12 educational/therapeutic sessions that were organized for women.

Neuroemotional integration (NEI) is new and revolutionary method of emotional therapy and it brings results very fast. NEI is effective method for personal development which has positive influence on thinking, emotions and behavior. Since two of our Team members have completed the education in 2007, the offer of Amica Educa in this year included the NEI also. So, in this year three persons have been treated with this method.

C) OTHER PROJECTS

1. **The Lifelong Learning Festival in BiH** contributes to achievement of the goal: "to raise the level of public consciousness concerning the role of nongovernmental sector in development of civil society through promotion activities and public pleading". But also represents the promotion of adult education and contribute to the development of adult education system in Bosnia and Herzegovina.

Namely, in order to motivate the citizens to continuous improving their own capacities and vocational education, to emphasize the importance of lifelong learning in society development and to influence the establishment of adult education law in Bosnia and Herzegovina, Amica EDUCA has been organizing the Lifelong Learning Festival in B&H since 2000.

The activities of The Lifelong Learning Festival in Bosnia and Herzegovina 2008 aimed at emphasizing the importance of the volunteerism in the lifelong learning process. While investigating the ways and the possibilities of the lifelong learning system development, we have noticed many common goals and influences that are being achieved through both, conscious participation in the lifelong learning process and through participation in voluntary engagement. The both processes considerably encourage the social participation, the active citizenship development, the development and strengthening of the personal potentials, and in that way contribute to faster employment of the individual.

As being planned in the project, the Association "Amica Educa" has offered the set of various activities that have followed the focus of The Lifelong Learning Festival in B&H 2008. Those were:

- Implementation of the educational workshops on the topic "Social skills" for two groups of advanced university students and postgraduate students of Faculty of Philosophy and Faculty of Education and Rehabilitation at Tuzla University.
- Organization and realization of the voluntary engagement in duration of one month for advanced university students and postgraduate students in different nongovernmental organizations and governmental public institutions,
- Realization of the central activity of the Festival – the round table "The lifelong learning and voluntarism" (including three thematic introduction presentations and 38 participants / representatives of governmental and nongovernmental sector who work in the field of education of adults and lifelong learning).
- Promotion of the project activities and donors through participation in several thematic shows in different medias (TV, radio, internet, printed medias),
- Creating and distribution of the promotional and informational material (posters, leaflets and brochure)

The same as it has been in previous years, the strategic partner and the main donor of the project "The Lifelong Learning Festival in B&H 2008" was the Institute for International Cooperation of the German Adult Education Association (dvv-international), with the office in Sarajevo. The positive step forward is the financial support provided by the Ministry of civil affairs B&H and the Federal Ministry of Justice. The inclusion of the new governmental institutions in the project realization indicate the fact that the project has been recognized as qualitative and important for the support to Bosnia and Herzegovina's process of transition. Statistical data of this project are presented in the table 2 of this report.

D) CAPACITY BUILDING AND PUBLIC PARTICIPATIONS

Seminars/workshops attended by Amica Educa Team:

- workshop on Mechanisms of Transition Justice that was held in Sarajevo and organized by UNDP, where the concept of Transitional Justice has been presented and its importance for the transitional process of Bosnia and Herzegovina,

- Seminar on Psychosomatic in Paining in Germany.
- seminar of Dances of Universal Peace in Germany.
- training in Fundraising.
- Regional Training within Lifelong Learning Advocacy Project organized by DVV-international (Institute for International Cooperation of German Public Education Association) for South-East Europe (SEE) in Monte Negro.
- workshop on "Adult learning in Bosnia and Herzegovina" organized by European Training Foundation within the feasibility study on adult learning in Bosnia and Herzegovina

Participation of Amica Educa Team in Debates, Round tables, Conferences, Presentation,...

- debate organized by Center for Promotion of Civil Society and Referent group Tuzla with the help of Office of High Representative and EU Special Representative in Bosnia and Herzegovina, Miroslav Lajcak. The aim of the debates is inducing the civic participation of all local actors interested in EU integrations.
- 2 presentation of IPA program (Instrument for Pre-Accession) concerning transcountry cooperation held in March and July.
- UNESCO Conference on Literacy, covering Europe with a sub-regional focus on Central, Eastern and South-East Europe and the Baltic States that was organized in Baku, Azerbaijan.
- Public hearing about the Draft text of the Strategy of domestic violence prevention accompanied with the Action plan for the Federation of Bosnia and Herzegovina.
- Public tribune on "The values of traditional and modern family in time of its actual crisis",
- Consultations concerning establishment of the Fund for implementation of B&H Gender Action Plan,
- Public Debate "Contribution of the NGO sector to Development the B&H Adult Education System"
- Regional Conference on "Adult education"
- European Association for Education of Adults (EAEA), General Assembly and the Conference "Creating Intercultural Communities" that was held in Ireland.
- Round Table on "Human Rights"

E) Fundraising

In 2008 the financial support has been provided by:

- partner organization Amica SCHWEIZ:
- Institute for International Cooperation of German Adult Education Association
- Federal Ministry of Justice
- Government of Tuzla Canton.
- Tuzla Municipality

F) Other

- Intensive involvement in the work of Referent Group (Network of NGO in B&H) continued. Beside continuous work on joint activities of support to vulnerable groups, in Work group for psychosocial support, Amica Educa has been involved in media campaign about adult education.
- Media promotion was continual throughout the year and occasionally intense in accordance with the projects and activities.

Amica Educa has used the following media to promote its activities and donors:

- Internet,
- electronic media (radio and TV shows),
- printed media (local daily newspapers)

STATISTICAL DATA FOR THE YEAR 2008

Table 1.

EDUCATIVE PROGRAM (additional education of professionals and youth)				
No	Name of the theme		Number of seminars	Number of participation
1	Creative Expressive Painting	Training for trainers (with the local leaders)	1	9
		Education of professionals	4	35
		Practical education of students: Tandem University - Amica Educa	15	156
2	Family Dynamics	Education of students	2	26
3	Universal Peace Dances	Education of teachers of religious culture (Wisdom of planet Earth)	4	61
4	Nonviolent communication	Education of primary school teachers	2	20
5	Art – therapy	Education of professionals	9	145
	TOTAL (additional education of professionals and youth)		40	452

Table 2.

EDUCATIVE PROGRAM (Festival of Lifelong Learning in BIH 2006.)			
No	Name of the activity / project	Number of workshops	Number of participation
1	Workshops "Social skills" for students	12	24
2	Round table – Central manifestation of the project		38
TOTAL (Festival of Lifelong Learning in BIH 2006.)			62

Table 3.

EDUCATIVE PROGRAM (other workshops.)			
No	Name of the activity / project	Number of workshops	Number of participation
1	"Learning about human rights"	3	12
2	"The land without borders - ZEDA"	7	102
3	Workshop for children and youth in cooperation with organization "Peace of flame"	1	35
4	Workshop "Human Rights and participatory methods"	1	19
5	Workshops "Vitality management"	2	25
6	Workshop "The fairy tales are images of souls"	1	16
7	Sessions "Dances of Universal Peace" in the "Peace Flame" House and in Association "Snaga žene"	2	50
8	Session "Dances of Universal Peace" for women with breast cancer coming from Association "Women of Tuzla"	1	20
TOTAL (other workshop)		18	279

Table 4.

EDUCATIVE PROGRAM	Number of participation
EDUCATIVE PROGRAM (additional education of professionals and youth)	452
EDUCATIVE PROGRAM (Festival of Lifelong Learning in BIH 2006.)	62
EDUCATIVE PROGRAM (other workshops.)	279
EDUCATIVE PROGRAM TOTAL	793

Table 5.

PSYCHOSOCIAL PROGRAM (group activities)				
No	Name of the activity / project	Number of groups	Number of sessions	Number of users
1	Creative Expression through Painting for children	1	36	8
2	Meditation in movement and Reiki	1	44	20
3	Recreational gymnastics	3	212	30
4	Yoga	3	160	25
5	Work with groups (women and children) refugees from Snagovo	2	10	20
6	Work with groups of women refugees from Tinja	2	12	19
TOTAL (group activities)		12	474	122

Table 6.

PSYCHOSOCIAL PROGRAM (individual activities)			
No	Name of the activity / project	Number of sessions	Number of users
1	SOS telephone	-	302
2	Individual psychological treatments and therapy	76	17
3	Relaxation massages	316	73
4	Neuroemotional integration (NEI) treatments	15	3
TOTAL (individual activities)		407	395

Tuzla, January 2009

Director of Association of "Amica EDUCA"

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