UCODEF is a Ugandan registered NGO Reg. No: 9154, to enhance coordinated approaches to meet the needs of all Ugandans. We exist to strengthen the voice of the voiceless and to empower the citizenry.

PROJECT NAME

“EMPOWERING WOMEN AND GIRLS FOR TRANSFORMED COMMUNITIES IN WAKISO DISTRICT OF UGANDA”

(Photo 1: During training on women’s rights) & (Photo 2: After training & handing over IGA to one of them)

Photo 3 below: Harriet, a ‘Pearl Girl’ with her Guardian and sisters at UCODEF Office for Scholastic materials

Photo 4 above: Sophia, one of the Pearl Girls receives Books

Picture 6 above: Some of the scholastic materials to support the girl child education

Photo 5 above: Conny receives scholastic materials
1.0. PROJECT

<table>
<thead>
<tr>
<th>Project Title</th>
<th>Empowering Women and Girls for Transformed Communities in Wakiso District of Uganda</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geographic Coverage (List Sub-counties / Areas)</td>
<td>The project is implemented in Wakiso District of Uganda and in the 6 Sub-Counties; of Makindye –Sabagabo Sub-County, Nangabo S/C, Nsangi S/C, Busukuma Sub-County, Wakiso Sub-County and Kakiri Town Council (Town Council).</td>
</tr>
</tbody>
</table>

UCODEF : WOMEN AND GIRL EMPOWERMENT MODEL

Women seen working so hard employing multiple skills and approaches to transform their lives and those entrusted in their care, join leadership positions to contribute to the development of their communities.

Girls attend formal and regular education with support of fees, bursaries and scholastic materials, human rights, while the out of school attend vocational for livelihood and survival skills.

Girls grow up and complete school with knowledge, skills and awareness on issues affecting them.

All the girls grow into adults with employable skills, get jobs or start their own businesses and or found families and live confidently and responsibly.

Empowered women with knowledge, skills, finances and awareness of their rights are able to claim them from duty bearers confidently and responsibly. There are reduction in domestic violence, gender disparity and women discrimination, etc.

Women and girls are educated further on human and Civic rights. Given seed capital and small business finances to improve their livelihood incomes and to enhance their confidence; make them empowered holistically to transform themselves and their communities.

Women get jobs that pay them salaries, own property, build confidence to fight inequality and injustice and take good care of their families including family welfare and education of their children.

Women and girl are educated further on human and Civic rights. Given seed capital and small business finances to improve their livelihood incomes and to enhance their confidence; make them empowered holistically to transform themselves and their communities.
2.0. The Uganda Community Development Foundation (UCODEF)

UCODEF is a local Non-Governmental Organization, registered No: 9154, with Uganda National board for NGOs, established to promote innovative approaches to address challenges hindering women and girls from achieving their full potential. UCODEF prides in programs that aim at tackling the structural causes of poverty in Wakiso District. Among other programs we look at the health needs of the vulnerable groups, Problems of the People living with, affected by or at risk of HIV and AIDS, Orphans and Vulnerable children (OVC), Persons with Disabilities (PWDs), Youth, and contributing to the negative effects of Climate change, through promotion of information, education & communication service delivery and initiation of programs and promoting respect for human rights for all. UCODEF is established as service delivery and advocacy non-Governmental organization to address the society’s concerns as a core mandate while focusing at mainstreaming society for human rights. We employ multidisciplinary approaches to achieve our objectives in all programs.

2.1. UCODEF Vision/Aim “A barrier free society with inclusive services”

2.2. UCODEF Mission: To enhance coordinated approaches to meet the needs of the People living with, affected by or at risk of HIV and AIDS, OVCs, PWDs and elderly, women, youths and enhance climate change awareness efforts as well as promoting proactive participation of the target population in sustainable socio-economic activities geared towards poverty alleviation, good health and human rights respect for all.

2.3. UCODEF Values:

(i). Transparency and team work in all our activities.

(ii). Professionalism in our work

(iii). Equity and respect for one’s rights

(iv). Believe in diversity and non discrimination in the society.
(v) Passion for all the people we are serving.

(vi) Empowerment through knowledge and skill building

3.0. Project Development (Background)

Uganda like most African countries is a patriarchal society where men dominate and women are subservient to men. Culturally women are maintained in this status quo without being considered as human beings who should also hold and enjoy rights like any other person. They are discriminated against at various levels and subjected to violence by men just because of their gender. Women deserve a peaceful environment for opportunities to enjoy and exercise their rights and fundamental freedoms as well as to explore and achieve their full potential. UCODEF as a gender sensitive organization and focused to closing gender gaps in the efforts of promoting gender awareness and responsiveness at all levels of local, institutional and National levels decided to come up with this project aimed at empowering the vulnerable women and girls of Uganda through knowledge and rights awareness.

Girls in Uganda and at family levels are given low consideration and less opportunity for education and property unlike the boys and this trend affects them even in the adulthood and after founding families. Traditionally women do not own anything even the children they produce are said to belong to men. When it so happens that their husbands/partners pass-on, the in-laws harass widows, terrorize and torment them so that they leave the family and provide them a lee way in disposing off the accumulated assets. The in-laws enjoy the benefits without thinking about the welfare of the poor and innocent orphans. **This project supports, ‘The Pearl Girls’ program that sees the most at risk and most disadvantaged bright girls in school win bursaries to enable them stay in schools.**

Yes, someone once said, that when you educate a women, you educate a nation! When a woman is educated, most likely all her children will attend school and would mark the beginning of empowering the rest of the family. Besides, when a girl is given education, she is given
bargaining power, to be able to choose wisely from various life choices. She is made informed and empowered enough to know her rights and where to claim and demand them in the event that they are violated or abused. *At UCODEF, we are proud seeing vulnerable girls maintain uninterrupted school attendance as well as sustaining exceptionally good performance in class!*  

We are committed to our work and do appreciate the fact that we have not done so much given the level of the challenges but with high hopes and anticipation of extending and widening the scope of our service to the vulnerable girls and women as sources of funding increase.

### 4.0. Project Target Population

As indicated above, the target group in this project is the women and girls of Wakiso District who are on daily basis subjected to various forms of vulnerability that include violence, discrimination and silence among others. Existence of strong patriarchal traditions coupled with limited knowledge and lack of confidence of women have hindered them from seeking their rights to live and earn their livelihood. To address this problem, UCODEF designed and implements this project that empowers vulnerable women with knowledge and awareness about human and legal rights so that they can emerge with strong leadership qualities and tackle the phenomenon of violence, silence and discrimination against them.
Women and girls need to be subjected to emancipatory transformation through multidisciplinary approaches so as to build their knowledge, skills and confidence. This will enable them contribute and participate in elective politics and coming up with decisions on issues that affect them. Thus promoting gender equality!

The above photo is one of the rural women in rural village of Lukwanga parish-Wakiso District before being empowered by UCODEF in 2013

One of the above women (Jane) after being trained by UCODEF on IGA initiation, receives charcoal stove to start roasting banana plantain & maize

Similarly one of the above women, Judith after being trained, receives cabbage, tomatoes, carrots & onion seeds to establish Kitchen gardens to boost their nutritional statuses and generation of house incomes

“The significant change is that their life style has been transformed positively at least there is a smile on their face, unlike before. This is a society that we need for all our rural women to enjoy their rights”.

4.0. Problem Statement

Wakiso is by all means a unique district in that it surrounds the Capital of Kampala from all corners or entry and exit points. Wakiso District’s situation is a paradox story in development. Whereas one would have expected it to develop at a high and fast rate due to its proximity to the city where facilitating resources to development are more concentrated than in the rural countryside, the story is different. Most of the families that live in the district urban centers fall in the category of urban poor! Children are still dying of Kwashiorkor and malnutrition. There is high child mortality due to several factors. We have observed that several of the challenges faced in this district are due to the fact that women have not been given the opportunity and their
ultimate position to exploit their full potential. A number of women and girls have been ignored and left to fate and yet they have been recognized in development circles as great change agents and particularly if a society is to develop equitably. Women and girls in Wakiso District have for long been continuous victims of violence, ignorance, high levels of illiteracy, impunity, maternal mortality, suffer greatly the negative impacts of urbanization and development. There are high levels of cohabitation due to the fact that they are powerless and unable to make decisions on issues of marriage as an institution, several unexplained couple separations, high levels of domestic violence, low levels of girl-child school enrolment compared to boys, high levels of female school drop-outs, many cases of young mothers, high levels of child abuse and defilement, increasing levels of illegal abortions due to unwanted pregnancies, low levels of girl-child retention and completion in schools, increased rates of female prostitution, women battering and denial of land rights by spouses among others. UCODEF could not afford keeping silent and watch the ugly scenes and un-bearing events unfold on the faces of the young girls and women of the District and the Country at large. This project therefore continuously seeks to address the factors and challenges that have for long hindered women and girls in Wakiso District from participating and contributing equally like men to the development of the communities in Wakiso District of Uganda. This is achieved through a holistic approach of women and girl empowerment programs and activities substantiated by knowledge sharing, skill development, financial empowerment and awareness on women’s rights among the communities to ensure that there is holistic positive, fundamental and sustainable change in the lives of the current women and girls and creating a world fit for those who will come in the next generation.

5.0. Project Purpose
The purpose of the project is to equip and empower the vulnerable and disadvantaged women and girls of the 6 Sub Counties of Wakiso District with increased knowledge, skills, financial
empowerment and awareness of their rights to enable them participate and contribute confidently to the decisions affecting them and at different levels of community and national development. At the end of the project women and girls are placed in a position where they are able to single out their rights, be able to claim and demand them responsibly from the duty bearers.

To achieve significant change in expanding social inclusion, fighting discrimination, and acting upon injustice against women, human rights values have to be instilled in the minds and cultures of people. This is the dimension UCODEF is taking for empowered women in fostering equitable development by boosting their incomes at household levels, in order to be self reliant and thus reduced exclusions on grounds of high poverty levels.

6.0. Project Coverage, duration and targets

The project was planned to cover 6 Sub Counties of Wakiso District namely; Wakiso Sub-County, Nangabo Sub County, MakindyeSabagabo Sub-County,Nsangi Sub County, Busukuma Sub County and Kakiri Town Council and the set down duration is 3 years.
target population would have been widened and increased respectively but we are limited by financial resources. We are currently in the 1st quarter of the first year and hope to replicate the project to the rest of the District sub-counties depending on the level of success and sources of funding. We plan and target to touch 1,000 women per sub-county, 200 out of schools girls per sub county and 500 schools going girls per sub-county. This in summary implies that they will be 6,000 women in total for all the six sub-counties, 1,200 out of school girls from all the six sub-counties and 3,000 school going girls from all the six selected Sub counties. Equation (6,000 + 1,200+3,000) = 10,200 women and girls in all the six selected six sub-counties.

7.0. Project Objectives

i. To reduce the cases of violence and discrimination against women in the project area by 40% in 6 Sub counties by the end of 1st April 2018.

ii. To increase the levels of awareness and knowledge of vulnerable women by 60% about human rights and legal rights in 6 Sub-counties of Wakiso Districts by the end of 1st April 2018.

iii. To improve livelihood opportunities for women by 40 % leading them to economic empowerment by the end of 1st April 2018.

iv. To improve girl-child school enrolment, retention and completion by 70 % by the end of 1st April 2018

v. To holistically empower women and girls by 70% so as to enable them contribute confidently to decisions on issues affecting them as well as to participate in leadership roles by the end of 1st April 2018.

7.1. Main Project Programmatic Areas/strategies of implementation
1) Identification and documentation cases of successful entrepreneurial women leaders and present their reports to the community and the media for show casing and best practice demonstration.

2) Organizing training workshops and seminars and community outreach awareness campaigns through use of drama and other community participatory methodologies for community women on human rights.

This photo is one of the local outreaches awareness on human rights for women in Nakuwadde – Village – Wakiso District

3) Economic empowerment and livelihood trainings, provide skill development and seed capital for women to help them undertake enterprising activities.

4) Promote and strengthen education initiatives of the school going and out of school girls.

This photo is one of the schools music & drama competitions for 3 schools – with a theme of educating a girl-child on “Girl Power Enhancement for Equitable Development”
5) Identify and transfer information to community-women about existing women-led enterprises.

This photo demonstrates some women receiving the tool kits to start their enterprises and boost their household incomes.

7.2. Specific Project Activities

i. Providing women’s rights training workshops

ii. Organizing and initiate human rights meetings and dialogues for women and girls within their communities

iii. Mobilizing women and girls into groups where they are aiming at electing their women’s rights volunteers in their respective communities and parishes.

iv. Initiating vocational trainings for women and girls for widen their scope for paying jobs as well as starting their entrepreneurial enterprises.

v. Arranging for mentoring sessions for the community women and girls to ameliorate and invigorate their thinking, perception and attitude towards an ordinary woman’s world.

vi. Periodically providing human rights sensitization seminars to community women and school girls as empowerment sessions by use of Sports and drama as well as other participatory tools.

vii. Initiate girl-child clubs in basic schools and periodically providing them with child rights education sessions with simplified human rights reading/educational materials.

viii. Offering moral and small financial support to women and girls showing interest in taking leadership roles at the community and national level.
ix. Providing seed capital to women and girls who have farming land to start commercial farming as an income generating activity.

tax. Offering small amount of financial support to girls and women’s small household business enterprises to improve livelihood incomes as a way of empowering them financially.

xi. Initiating women and girls into starting group income generating activities so as to enable them learn the power of group dynamics as well as relevancy for sustainability of projects.

xii. Developing the “Pearl Girl” activity where we identify the most poor, most vulnerable and most disadvantaged bright school-going girls for bursary and school fees contribution to enable them stay in schools and complete their studies.

xiii. Organizing basic computer applications lessons for women and girls in the communities to strengthen and enhance their knowledge search capacity.

xiv. Mobilizing out of schools girls into groups for sports, counseling and mentoring sessions.

xv. Strengthening the already established girls youth groups and clubs through offering support like, skills training sessions in hair dressing, farming, tailoring, poultry keeping, modeling, knitting, drama and dancing, soap making, pineapple juice making to enable them have some money in their pockets.

xvi. Providing school fees contribution and bursaries to the bright most needy and disadvantaged school-going girls to enable them stay in school and complete their education.

xvii. Train women and girls in kitchen gardening as a way of building their farming skills as well as indicating to them that even when you have the smallest piece of land, you can have what to eat.
Some of kitchen gardens established using bags and containers

xviii. Periodically providing scholastic materials to the vulnerable and disadvantaged school-going girls.

xix. Initiating women and girls into cross community learning method. This is where we encourage and support women and girls of one community visit another community to learn best practices in various activities of their interest.

xx. Supporting community women’s rights volunteers to periodically mobilize women for community women’s rights awareness sessions.

xxi. Introducing the idea on community women’s rights suggestion box which will raise concerns and issues to be captured on the agenda during a community women and girl’s rights session.

xxii. Strengthening UCODEF resource center with more of women’s rights materials and information so as to ably extend the best service to the dear women and girls in the communities.

xxiii. Providing some food logistics contributions to the households taking care of the vulnerable girls to enable them have relatively good and nutritious food for good growth, survival and development. These include beans, rice, soya flour, millet flour, cooking oil, peas etc.

xxiv. Providing specialized counseling sessions for school-going girls in the community schools. These sessions are meant to strengthen them and model them into empowered, positive thinking young girls and well prepared to take on the roles a head of them. Some girls have ended up seeking leadership roles in their schools.
7.3. Expected Outcomes

i. By the end of the project in 2018, at least more than 4,000 women out of 6,000 from the six sub counties should have developed skills and enterprising qualities for undertaking entrepreneurial projects for financial empowerment.

ii. By the end of the project over 2,000 women should have gained improved knowledge of human and Civic rights and ready to participate confidently in community and national leadership.

iii. By the end of the project at least over 500 women should ably and confidently take part and participate in active elective and competitive national level politics.

iv. We anticipate that by the end of the project there will be at least 30 active school girl-child rights clubs in the communities aimed at promoting respect for human rights.

v. By the end of the project we should have clear and precise publications of entrepreneurial women leaders.

vi. We anticipate that by the end of the project, at least more than 2500 disadvantaged and vulnerable school-going girls in the selected communities attend classes without interruption for basic requirements.

vii. By the end of the project we expect at least 5,800 women out of the 6,000 targeted to be in position of living above one dollar a day and well equipped with knowledge and skills to start up an income generating project.

viii. We should have a strong Database of successful, local women-led enterprises and their supply chains, production and marketing.

ix. By the end of this project we expect to have established a strong partnership and resource base that will continuously and consistently support the most needy and most vulnerable bright school-going girls in the communities to enable them graduate as professionals.

x. We expect that by the end of the project corporal punishments and child battering with all other vices that deny the child good growth and survival in schools and communities will be done away with.

xi. It is also expected that by the end of the project all women and girls beneficiaries of this project will have known their basic rights and where to go for redress in case they are abused or violated.
Human Rights education (HRE), knowledge and awareness for empowerment, it becomes apparent from this definition, that HRE, whilst aimed at fostering a universal culture of human rights, it is also aimed at “enabling all persons to participate effectively in a free society”, thus emphasizing the principle of active citizenship”

8.0. Project Challenges

i. Participation of our target audiences in our work sometimes depends on the good-will of the men who in most cases have to provide permission to their wives to be able to attend our programs, and then parents/guardians who equally have to consent the girls to attend our meetings. This limits the number of participants and reduces women and girl involvement in the project.

ii. There has been relatively small support to the school going girls due to limited funds. We do believe that if funds are availed, the project activities will be scaled up to serve more women and girls in the targeted communities.
iii. Access to the communities has been quite challenging given the fact that Uganda Community Development Foundation (UCODEF) has not yet gotten a permanent field vehicle (track). The project relies more on hired means of transport which can sometimes be very costly and expensive to maintain and execute activities in a timely, effective and efficient manner. This concern impacts negatively on our work and support or partnership in this area would be greatly appreciated.

iv. We are in the process of developing and strengthening our resource centre to fit admirable standards.

v. Limited comprehensive skills for some project volunteers which have direct link on the project outcomes. Well, much as this may be accommodated for some time, continuance and persistence of the same concern over time stifles project work. There is need for support for staff refresher courses and subsequent subjection to short professional training courses that fosters successes of the project. We are working around the clock to identify and develop strategic partnerships for a hand to this challenge.

9.0. Level of progress

<table>
<thead>
<tr>
<th>Total number of women and girls so far supported</th>
<th>Break-down of numbers supported as per sub county</th>
<th>Nature of support offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>School going girls (53)</td>
<td>14 girls from Wakiso S/C</td>
<td>-11 given a contribution on school fees (Bursary for the Pearl Girls)</td>
</tr>
<tr>
<td></td>
<td>6 girls from Kakiri T/C</td>
<td>-53 Girls (all of them) supported with scholastic materials</td>
</tr>
<tr>
<td></td>
<td>13 girl from Makindye S/C</td>
<td>-53 Have benefited from human rights education trainings</td>
</tr>
<tr>
<td></td>
<td>7 girl from Nsangi S/C</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>5 from BusukumaS/C</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>8 Nangabo Sub-County</td>
<td>-</td>
</tr>
<tr>
<td>Out of school going girls</td>
<td>26 girls identified and selected from the 6 Sub Counties.</td>
<td>-Benefited from human rights education and application of non-violent means to peace-building.</td>
</tr>
<tr>
<td></td>
<td>-Benefited from Vocational trainings</td>
<td>-</td>
</tr>
</tbody>
</table>
| Women | 156 women so far identified from the 6 sub counties | -Benefited from human rights education  
- Trained in entrepreneurship and offered seed capital to improve their livelihood incomes.  
- Training on application of non-violent means to peace building.  
- Mentoring and coaching. |

### 9.0. Summary of the Budget

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description of activities to be carried out in the selected sub-counties of Wakiso District, Uganda</th>
<th>Budget estimates in US Dollars $</th>
</tr>
</thead>
</table>
| 1. Advocacy | i). Human and Civic Rights Trainings; through workshops and seminars.  
ii). Community meetings and dialogues.  
iii). Establishing child rights clubs  
iv). Holding community panel discussions on women’s rights.  
v). Establishing community women’s rights volunteers.  
vi). Mounting of women’s rights suggestion boxes in the communities.  
vii). Holding radio talk-shows on women’s rights | $10,460 |
| 2. Skills empowerment | - **Entrepreneurial skill development through**; Business starting and management, vocational, tailoring, farming, knitting, hairdressing, basket weaving, craft making, leadership skills and group dynamics.  
- **Offering women with seed capital of various types**; seeds to enable them start commercial farming. These include tomatoes, | $6,320 |
### 3. Seed capital
- onions, beans, cabbages, ginger, sweet potatoes, maize and garden eggs.

<table>
<thead>
<tr>
<th>4. Education</th>
<th>i). Provision of scholastic materials to the school going girls.</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>ii). Provision of basic computer application lessons to the community women and out of schools girls.</td>
</tr>
<tr>
<td></td>
<td>iii). Support of sanitary towels to the most needy and disadvantaged school going girls.</td>
</tr>
<tr>
<td></td>
<td>iv). School fees contributions to the most needy and disadvantaged BRIGHT school going girls. (Pearl Girl Project).</td>
</tr>
<tr>
<td></td>
<td>v). Human rights education in schools to support the girl-child rights clubs.</td>
</tr>
<tr>
<td></td>
<td>vi). Food logistics support to the most needy and disadvantaged households in the care of the girls.</td>
</tr>
<tr>
<td></td>
<td>vii). Support of examination registration fees to the most needy and disadvantaged girls.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5. Economic Strengthening</th>
<th>i). Support to women and out of schools girls with Income generating activities (IGAs); these include poultry, animal rearing and zero grazing, commercial farming.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ii). Providing some finances to women and girls small household business to improve their welfare and amelioration of the household incomes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6. Office Support and operations</th>
<th>- Facilitation to Office, Project staff, Volunteers and Mentors.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- UCODEF resource center development and strengthening</td>
</tr>
</tbody>
</table>

**TOTAL: IN US DOLLARS ($)**
(Forty two thousand six hundred and eighty-United States Dollars)

$47,680

### 10.0. **An out-line of project progress status**

i. Have so far supported over 150 girls and women with skills, knowledge of human rights, food logistics, and scholastic materials as a holistic transformational approach to the rural women.
ii. Extended to over 50 girls to international human rights standards and principles to harness and enhance their individual and group interest in democratic participation as well as being empowered enough to be able to claim and demand for their rights from duty bearers responsibly.

iii. UCODEF is in the process of developing a resource centre that would work as a meeting point for women and girls in search for information and knowledge relevant to their on-going entrepreneurial projects and business enterprises.

iv. We have supported over 80 poor and the most disadvantaged girls in schools with fees contribution and scholastic materials to promote increased enrollment, retention and completion.

v. A total of 11 bright school-going most vulnerable and disadvantaged girls benefiting from the bursary and school fees contributions.

vi. Have developed and extended economic strengthening programs to about 156 women in the areas of our work to alleviate their livelihood incomes in a bid to support good growth, survival and development of the Orphans and Vulnerable Children (OVCs) under their care as well as promoting women empowerment for sustainable development.

vii. A total of over 50 children are currently benefiting from this project and many more are yet to receive the same support depending on the available of resources.

viii. A total of 26 out of schools girls have benefited from the skills development programs. These include hair dressing, tailoring and knitting.

ix. More than 30 girls have been engaged in sports and benefitted from the mentoring, couching and counseling sessions.

x. A total of 4 women have indicated to us that they are set to join competitive politics for leadership roles.
11. General Observation

UCODEF’s vision emphasizes a barrier free society with inclusive services. But how can we get to this vision with women who are society’s change agents left out? Given their numerical strength and the efforts they make in our homes and communities, if they are elevated and given opportunity to realize their rights, utilize and exploit their full potential, then why not get a world fit for everyone? We do strongly believe that this is achievable if everyone’s effort towards development takes this dimension. Yes, together we can!! And this is also summed up in Kofi Annan’s brilliant words; “When women thrive, all of society benefits and succeeding generations are given a better start in life”. Kofi Annan (former UN Secretary General)

JOIN US IN THE STRUGGLE OF TRANSFORMING A WOMAN FOR A WORLD FIT FOR EVERYONE!!!!