2017 Implementation plan

2 orphanages: CEF Mujer & Niñas de la capital
Description of the Orphanages

CEF Mujer - Centro de educación y formación de mujer (Center for education and women formation)
Description: This orphanage is for girls from diverse indigenous communities that are in rural areas. It provides opportunity to live closer to the city and to get a basic education for girls between 5 to 18 years. Indigenous communities in Panama have the highest rates of adolescent pregnancy, VIH and extreme poverty.

Niñas de la capital (Girls from the capital)
Description: 96 years old orphanage that has a capacity of receiving 30 girls maximum, between age 5 to 18 years. Despite the tradition of existing for so many years, the orphanage has very little support from the government, all the fundings and programs are private. The orphanage has received different courses (chef courses, english classes, field trips for the children… etc) but they never had a constant structured program for personal development.
What results are we expecting at the end of 2017?

- **Educational:**
  - 80% participants finish 1st year of university with success and continues their studies.
  - 80% participants pass the admission process and starts their higher education in 2018.

- **Implementation of the program**
  - By October 2017 formed new group of 10 participants for 2018.
  - 80% of participants 2017 starts 2nd year of the program.
  - Expanding the program to minimum 1 new orphanage.

- **Personal:**
  - All the participants understand their abilities, opportunities and aspirations.
  - Increase levels of resilience, self-esteem, self-respect, emotional intelligence and metacognition by 45% (20% based on evaluations and 25% based on observations of participants behaviors).
  - No cases of pregnancy.

- **Professional:**
  - 5 participants have part-time jobs.
How do we do it?

**What**
- Workshops, activities, mentoring and monitoring

**How**
- Educational program with an option of university scholarship

**Why**
- Shaping resilient youth with values
TIMELINE

Track 1

January
I. Module: Who am I?

August
II. Module: Career Guidance

September
III. Module: Drawing my dreams

Track 2

February April
I. Module: How to learn better

May-July
II. Module: Developing my Self-esteem

August December
III. Module: Self-esteem project
Program

Where am I going?

Objective: Develop self awareness and provide career guidance

I. Module: Who am I? (January)
Objective: To understand who am I and where I am.
Topics: My skills, attitudes, interests, aspirations, self-awareness and my identity.

II. Module: Career Guidance (August)
Objective: Knowing the opportunities for my professional development.
Topics: Career counseling, scholarship fairs, company visits and career presentations, situation on the labor market and decision making process.

III. Module: Drawing my dreams (September)
Objective: To dream and plan without fear.
Topics: Planning, goal setting, creating my life plan.

Track 1
Program

I. Module: How to learn better (February-April)

Objective: To facilitate transition from school to adult life and university.
Topics: Effective learning, motivation, reading comprehension, how to manage my finances.

II. Module: Developing my self-esteem (May-July)

Objective: Understanding my value
Topics: Spiritual retreat, self awareness, self esteem, self respect, self care and sexual education, personal image, values.

III. Module: Self-esteem project (August-December)

Objective: To reinforce self-esteem.
Topics: Development of self-esteem through theater (practicing voice modulation, improvisation, team work and creating and delivering a play).

Track 2

Everything changes and so do I

Objective: Develop self-esteem and resilience
Thank you!

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