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CALICANTO

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Annual report 2018

Empowering families, uniting communities



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“Committed to
Sustainability”

A Message from Fundación Calicanto's president

Dear Friends,

In 2018, we had big challenges and opportunities. At Fundación Calicanto, inspired by the **1546** women that have graduated from **CAPTA** (Training program for work) so far, we started looking to the future, creating new models to be able to reach more communities and bring our positive impact to more people that need it.

We started the arduous task of **strategic planning**, identifying needs and clearly establishing our priorities. The question was as follows : How do we take our action to the next level ? Do we diversify or specialize our work ? We decided to specialize in what we were already very good at and strengthen CAPTA, our star program.

Through our work of training 120 women a year, we also committed to the **Sustainable Development Goals of the United Nations for 2030**, specifically objectives **1** (No Poverty), **3** (Good Health and Well Being), **5** (Gender Equality), **8** (Decent work and economic growth) and **10** (Reduced Inequalities). Our purpose is to raise the earnings of the poorest people we work with, offer them access to medical and psychological services, provide them with a comprehensive training that empowers women with the tools they need to break out of the cycle of violence and offer them employment and economical opportunities. All of this in collaboration with ONGs, universities and private companies. With this agenda, we believe that working together as a society, we'll be able to get better results.

In order to expand our labour and strengthen our networks in Central America, the first project in which we took part was « **The Voice of the Girls from Central America** », a project lead by Google in which we trained 120 teenagers and 30 women in gender, leadership, life of the community and technological empowerment. Through this program, we were able to reaffirm the importance of increasing the participation of more girls, teenagers, and women in the field of Information and Communications Technology, as users but also as creators of these technologies.

A part of our sustainability strategy, we joined forces with the renowned panamenian chef **Mario Castrellón**, and we started the Fonda-School « **La Sexta** ». The result of the coming together of two ideas : to preserve the value of indigenous panamenian cuisine within Casco Antiguo and to train CAPTA's beneficiaries in the areas of cuisine, bakery and customer service, to give them access to better job opportunities in the hospitality and hotel industry. It's a restaurant with a social aim that wants, not only to encourage the participation of women in gastronomy, but also to allow the training program of Fundación Calicanto to be self-sustaining.

Since its opening in february 2018, **La Sexta** has impacted the lives of 58 beneficiary women, who have learned about cuisine, customer service and "catering". Two of them are now hired as fixed personnel in the restaurant and 21 other work in different restaurants, including the prestigious restaurant Maito. That is the case of Paulina, a 46 year old single mother of three, who, before the program, had never worked in her life, lived day by day and was very introverted. After her internship, she started working at La Sexta as fixed personnel, an example of the efficiency of the program that allowed her to succeed and provide for her and her kids, creating her own success story.

We invite you to keep supporting Fundación Calicanto's programs with your trust and to come have good food at **La Sexta** (Calle Sexta, Casco Antiguo). While you enjoy panamenian cuisine at La Sexta, you'll be participating in the social and economic development of the most vulnerable communities.

Hildegard Vásquez
President
April, 2019



“Work dignifies
and we have to
chase our dreams”

A beneficiary's testimony

Dear members of Fundación Calicanto,

Thank you so much for being with us through this process; the achievement is not only mine but also yours and my family's.

The love for what I did kept me going during this course. Nothing's easy, nothing is given for free in this world, everything has to be learned through effort.

Between struggles and tests with work and sacrifice, we had good experiences that will stay in our memories. Now we have to be creative, we have to give society our best and begin, doing every necessary and positive thing to move on, knowing that the road won't be easy, because we're human and we make mistakes, but the most important thing is to learn and come through.

We understand that in the face of adversity, we can give our best and outgrow our limits. Because we're not only a statistic or a resume, we're strong, resilient women with values.

My story started the day I walked through the doors of Fundación Calicanto, with fears and a lot of questions, that, throughout the weeks, and thanks to the knowledge I was getting, gave birth to a purpose and created plans for a future.

I'd like to thank all the teachers, for giving us their time and dedication, but overall to help us discover our value as women and encourage us to go on.

To our family, for supporting us and understanding that this process of change would impact everyone for good.

Now we take a step forward, and start the race, because the time has come to go out and work, with a different and optimistic Outlook, focused on getting through and improving our quality of life from the inside out.

Work dignifies and we have to chase our dreams with perseverance and courage to be happy and lead our future.

Ingrid Rivera
Graduate from CAPTA, 2018



ABOUT THE FOUNDATION

We are a non-governmental and nonprofit organization founded in 1994 in Casco Antiguo's community. Our mission is to protect the cultural, historic and human hertiage of the Historic Center and other parts of the country, through the development of programs ands social, educational, cultural and upkeeping actions, placing value on the human and cultural diversity.

Since 2005, we have trained more than 1500 women in social vulnerability through the CAPTA program that had allowed them to discover their potential, know their rights as individuals and have access to better job opportunities.

PILLARS OF THE FOUNDATION



TOOLS



QUALIFICATION



OPPORTUNITIES



INTEGRITY



EDUCATION



DEVELOPMENT

BOARD OF DIRECTORS



HILDEGARD VÁSQUEZ
President



CARLOS ARAÚZ
Vicepresident



SEBASTIÁN PANIZA
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ROBERTO JEAN-FRANCOIS
Director



ELDA SANSÓN
Director



GABRIELA AUED
Director

CONTRIBUTING TO THE SUSTAINABLE DEVELOPMENT GOALS



Objective 1 No Poverty

We taught more than 208 000 hours/beneficiaries of capacitation in social and vocational skills, including english, informatics, entrepreneurship, assertive communication, emotional intelligence, and personal finances courses, aimed at women, girls and young women in social vulnerability. We also provide food, access to medical care, psychological assistance and transport.



Objective 3 Good Health and Well Being

Integral Health is a central axe of our CAPTA program. We continue collaborating with organizations like the Health Ministry, APLAFA, PROBISIDA, Hogares Crea and the Red Cross, that educated the CAPTA students in prevention and health care through talks of prevention and awareness about addictions, illnesses, parenthood planning, reproductive health, first aid, HIV/SIDA and food manipulation.



Objective 5 Gender Equality

Our empowerment program for the CAPTA woman enhances their capacities in psychological, social and technical aspects that allow them to improve their self-esteem, self-confidence and leadership levels. The program's beneficiaries receive tools for life that help them break cycles of violence and dependance. Through a self-awareness and development, they learn to make better decisions and gain access to job oportunities they previously thought were impossible.



Objective 8 Decent work and economic growth

Fonda School La Sexta is a social venture that allowed us, since february 2018, to promote productive activity and the generation of decent work for women in poverty situations. On the other hand, our allies from the Panamenian Credit Society, Scotiabank, Talent Training and Leader Mind have trained our beneficiaries in customer service, entrepreneurship, labour law and finances, with the goal of encouraging their entry into the job market and the creation of micro companies.



Objective 10 Reduced inequalities

We reinforced the communication and cooperation with provate and public institutions, organizing 5 job fairs for CAPTA graduates. We developped 5 job growth workshops that allowed us to promote the social and economical inclusion of more than 125 women that had been previously excluded from the country's productive work force.

Sustainable Development Goals

In september 2015, more than 150 heads of State and Government reunited at the historic Summit of Sustainable Development in which the 2030 Agenda was approved. This Agenda contains 17 universally applicable objectives that, since january 1st 2016, govern nations' efforts to get a sustainable world in the year 2030.

The Sustainable Development Goals (SDG) are heirs to the Millennium Development Goals (MDG) and try to expand the successes achieved through them, but also to reach those goals that were not achieved.

The Sustainable Development Goals (SDG) include everything from the elimination of poverty, to the fight against climate change, education, gender equality, environmental defense all the way to the design of our cities.



A SPACE TO CHALLENGE STEREOTYPES

To continue our work, we organize a fundraising event every year. Thinking of offering our donors an unforgettable experience in 2018, we presented « An afternoon at the Human Library », an event in which the foundation provided a space for social interaction that allowed the personal growth of all its participants. The Human Library, which has been organized in more than 70 countries, was designed to build a positive frame for conversations that challenge stereotypes, connect and inspire people through dialogue. The Human Library is a place where real people are there to be borrowed by readers and where the most difficult questions are expected, appreciated and answered. In this first occasion, we managed to assemble 27 human books that shared their stories to a 100 readers. Our plan is to be able to make the Human Library again in the second half of 2019, so that more people can be part of this extraordinary experience.

2018's Impact In Numbers



Beneficiaries of the CAPTA program



130 women

CAPTA women's families



408 kids and relatives

Follow-up courses



100 graduates

Victims of fire in San Felipe



41 Families / 141 people

Beneficiaries of the TIC-as Central America program
Beneficiaries of the Science and Leadership program



127 teenagers
30 mothers

Psychological care



230

Medical care



106

2018's milestones

Uniting people through positive actions

In 2018, we had the help of 78 volunteers, both locals and foreigners, that totaled 565 hours of volunteering. Through their actions, we managed to execute efficiently our programs, organized effective fundraising events, improved our administrative procedures and gave our beneficiaries a high-quality service. The most requested activities for volunteers were: The Day of Good Deeds, the TIC-as Central America program,

the Human Library, CAPTA program and the Survey session for graduates and employers. This was possible thanks to the collaboration of the volunteering platform "Ponte en Algo" and the different universities that have driven our work with their Community Service programs.

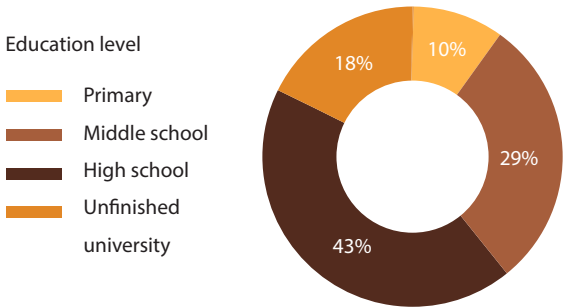


Empowering women in an integral way

In 2018, we carried out 5 CAPTA job training programs, benefiting 130 women in social vulnerability with 30 qualification modules, internships in restaurants and hospitality, psychological care, food, uniforms, transport, medical care and job board.

The groups were conformed by women residing in different sectors in Panama and Panama Oeste, mainly the District of Panama in a 48%, San Miguelito in a 27%, Arraijan in an 18%, La Chorrera in a 6% and Chepo in a 2%.

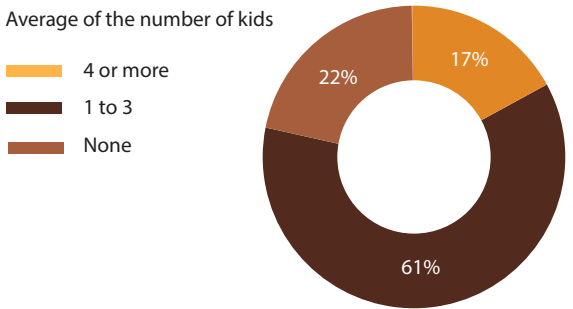
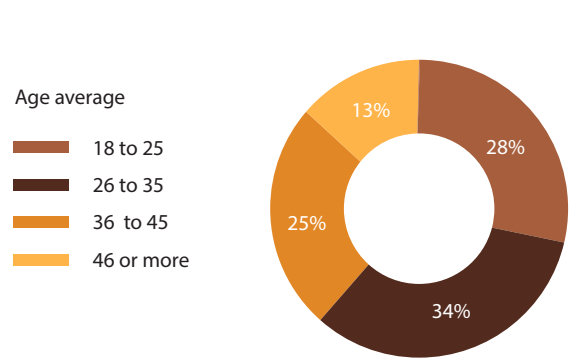
At the beginning of the program, only the 18% of the beneficiaries had at least a year of college studies but deserted for family-related or economic reasons, or because of a pregnancy.



Profile of the CAPTA woman

The program, open to women older than 18 without an age limit, was mainly conformed by young women, with a 62% of beneficiaries between 18 and 35 years old.

The beneficiaries of the program, which are mostly single mothers, had a representation by number of kids. Most of them, 61% had 1 to 3 kids, a 22% had no kids and 17% had 4 or more kids. This implies a significant indirect impact; by transforming the life of a woman it influences the upbringing of her children.





RESULTS FROM THE PROGRAM

Training for the work

CAPTA reached a level of commitment of 82%, graduating 106 women in Soft Skills, Technical Skills, Customer Service and First Aid. The program allowed the beneficiaries to recognize their potential to access a decent job and improve their quality of life.

72% of graduates are economically active.

| HIGH SELF-ESTEEM | | |
|------------------|-------|--------------|
| BEFORE | AFTER | VAR pp (%) |
| 55% | 71% | 16 pp. (29%) |
| 26% | 45% | 19 pp. (73%) |

| MEDIUM TO HIGH LEADERSHIP | | |
|---------------------------|-------|-------------|
| BEFORE | AFTER | VAR pp (%) |
| 16% | 19% | 3 pp. (16%) |

Fuente: Pre y Post Tests CAPTA; Entrevistas de Seguimiento a Egresadas.

Impact on reducing violence

Out of all the CAPTA participants, 66% expressed to have been exposed to some type of violence before the beginning of the program. That is why CAPTA reinforced its approach to violence reduction through workshops in Conflict Management, Emotional Intelligence, Gender and Identity, Healthy Family Relationships and Assertive Communication. In the Genre and Identity workshop the women recognized their rights as women and learned to take positive actions to prevent gender violence.

The psychological care was another important cornerstone in the qualification process of the women, since they had to work first on the traumas that held them back from reaching their empowerment. In 2018, we carried out 230 sessions of psychological care that allowed the beneficiaries to transform their lives from within and have a better mental health to face new challenges.

PROMOTING WOMEN'S
PARTICIPATION IN ICTs



In 2018, we developed in Panama the ICT-as Central American program, lead by the costarican cooperative Sulá Batsú and financed by the philanthropic arm of Google. The program was made in coordination with 5 other organizations of Central America and consisted in giving a lvoice to more than 654 girls of the region, through the appropriation of digital tools.

In Panama, we trained 120 teenagers and 30 moms residing in Panama City, Chame, Chitré and Las Tablas, who learned about informatic, technological applications, the correct use of

social media and how to create content specializing in Digital Stories, Digital Music and Prototyping.

Through the program we encouraged the leadership of women in the digital technology secor, with a focus on identity, community life and social surroundings.



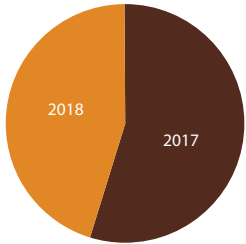
FUENTE: Programa TIC-as Centroamérica, Cooperativa Sulá Batsú. Con el apoyo de Google.

Allied hands in the face of adversity of

On february 21 2018, a big fire happened in the San Felipe neighbourhood that affected the Boyaca, Rosada and France houses, impacting the 41 families that resided there, all in social vulnerability because of their income and age. As soon as the accident happened, Fundacion Calicanto, together with other organizations, authorities and citizens, created a humanitarian support plan for the affected community, most of them elderly people and families with small children. With the help of Coordination of Social Projects at the Casco Antiguo Office, we obtained the census of the victims and conducted interviews with all the families to have more information about each case and be able to realize the delivery of resources to ease the first phase of relocation. In 2019, we will continue our support plan for that community.

RESULTS 2017-2018

The voices of the girls from Central America



296 girls
358 girls

Total 654





"You'll be participating in the social and economic development of the most vulnerable communities."



La Sexta: a sustainability project

In 2018, we joined forces with the panamanian chef Mario Castellón, owner of Maito, one of the most renowned and innovative restaurants in our country, to create a sustainability project for Fundación Calicanto. That was the birth of "La Sexta", a socially aimed restaurant open to the public where the CAPTA program beneficiaries practice as Kitchen Assistants, Bakery Assistants and stewardess. Every 2 months, they practice in the restaurant as part of their training. Now, 2 of our graduates are working full time in the restaurant and other, according to

their performances, are hired occasionally for private events. La Sexta is located in Casco Antiguo and offers a menu of panamanian fusion cuisine. Besides breakfast and lunch, the restaurant offers catering service and reservation for private events.

Financial report 2018



INCOME
\$317,113



OUTCOME
\$359,106



DEFICIT
-\$41,993

INCOME SOURCES

| | |
|----------------------------|--------------------|
| — CAPTA Panamá Donations | B/. 61,274 |
| — Administration Donations | 76,810 |
| — Victims' income | 54,676 |
| — CAPTA Colón Donations | 53,334 |
| — Income per event | 44,770 |
| — Other sources | 13,344 |
| — Sula Batsu | 12,450 |
| — Fidecomis Intesrest | 451 |
| TOTAL INCOME | B/. 317,113 |

OUTCOME

| | |
|-----------------------------------|--------------------|
| — CAPTA Panama PProgram | B/. 153,729 |
| — Administration | 64,224 |
| — Victims of fire | 34,614 |
| — La Sexta | 33,324 |
| — Portobelo Investigation | 26,428 |
| — Events' expenses | 18,786 |
| — TIC-as Central America program | 17,864 |
| — CAPTA Colón Program | 9,384 |
| — Sciences and Leadership Program | 750 |
| TOTAL PROJECTS' COST | B/. 359,106 |

Support our programs

GlobalGiving latform:
globalgiving.org/projects/capta/

Bank Transfer:
Cuenta Corriente, Banco General
No. 03-72-01-0333336-4
a nombre de Fundación Calicanto

Check:
A nombre de Fundación Calicanto

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