

MAISHA FOUNDATION 2023 Report



"I learned that, although we are not going to change the world, **we can change a world**, and then the job is done. Because it is the **ties with whom our stories intersect and the love in what we do** that allows the world to keep moving and that forges a world that is kinder than yesterday's."

2023 Health Volunteer

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Dear Maisha Community,

We began 2023 with the dream of continuing to accompany and empower pregnant women, mothers, and young people in vulnerable situations. It has been a year of many challenges, without a doubt, but also of great progress and moments of shared joy in our goal of building a more just and equitable future for the women, mothers, and youth with whom we work.

It was a year marked by the growth of the volunteer team, the professionalization of the board of directors, the creation of a sustainability structure for the foundation, and, above all, by a great team in the field. We are very proud to have a team of 15 people and a Network of more than 60 Maisha's who support us on a paid and voluntary basis every day to make Maisha a reality.



Each year, as a team, we pause and reevaluate our situation. This year was characterized by a restructuring of programs and field impact, an evaluation of the sustainability of each of them, and above all, we worked on the quality of the service we provide to each beneficiary.

Broadly speaking, we can say that each year we are overcoming our project stage and becoming a more solid institution in Chile and Kenya. It is incredible to think that in the time the foundation has been running, more than 220 women have received support.

This year, I am pleased to share with you the 2023 Maisha Foundation Annual Report, along with the corresponding financial statements. Both documents close our fiscal year for the previous year. I invite you to read it carefully, you will find details of our achievements, challenges, and future projections. We hope that it will serve as a source of inspiration and commitment to continue working together for a more just and supportive society.

In this Annual Report, I would like to extend my deepest gratitude to each of you who have been part of this journey: our tireless collaborators, generous donors, committed volunteers, and of course, the families and beneficiaries who inspire us daily with their resilience and hope.



Together, we have formed a united Maisha family, working together to make a tangible difference in the lives of Maisha beneficiaries.

2024 presents itself to us as a new world of opportunities. For the coming year, we propose to continue working hard to ensure that Maisha reaches more women and corners of the world. We will focus on professionalizing the field team, continuing to work on the financial sustainability of the organization, and continuing to improve the field impact through our four operational programs, always reinforcing our commitment to transparency, accountability, and the participation of all stakeholders.

We dream of a more Maisha world, in which each day we are more volunteers, more coordinators, more donors, and more team, where we can reach out as guides and companions to those pregnant women, mothers, and young people who need us.

A big hug to each and every one of you!

María del Rosario Mozó Fuenzalida

Executive Director
Maisha Foundation

Letter from Domtila, Co-founder and Director

In 2023, I embarked on a significant journey to Chile, the homeland of numerous dedicated Maisha Foundation volunteers. The primary objective of this visit was to establish connections with past volunteers and strategically promote the Maisha Foundation and its vision of establishing a larger center. The trip was marked by a series of meetings with former Maisha volunteers, fostering a sense of community and rekindling the spirit of our shared mission. These interactions not only provided valuable insights into the local context but also served as a platform to highlight the accomplishments of the Maisha Foundation.

A key focus of the visit was the marketing campaign for Maisha Foundation, emphasizing the importance of its initiatives and the positive impact it has had on the community. Engaging with past volunteers allowed for the dissemination of success stories, reinforcing the Foundation's commitment to its objectives.

Furthermore, discussions centered around the ambitious dream of establishing a larger Maisha Center. Leveraging the networks and support gained during the visit, efforts were intensified to garner financial backing and partnerships that could propel the Foundation toward the realization of this dream.

The journey concluded with a strengthened network of advocates for the Maisha Foundation in Chile. The groundwork laid during this visit serves as a solid foundation for future collaborations, ensuring the continued growth and success of the Foundation's endeavors.



Domtila Ayot

Co-Founder and Director
Maisha Foundation

Maiisha means life



We are

We are a nonprofit organization that was born in collaboration between Chile and Kenya. We are committed to achieving dignity, accompanying women, mothers, and young people.

Mission

Our mission is to support and offer growth opportunities to pregnant women, mothers, and young people in vulnerable contexts.

Vision

Our vision is to be the main support network for women, ensuring that every mother welcomes her child in the dignified conditions they both deserve.

Values

RESPECT FOR LIFE

We are committed to respecting the life and dignity of the human person.

RESPONSIBILITY

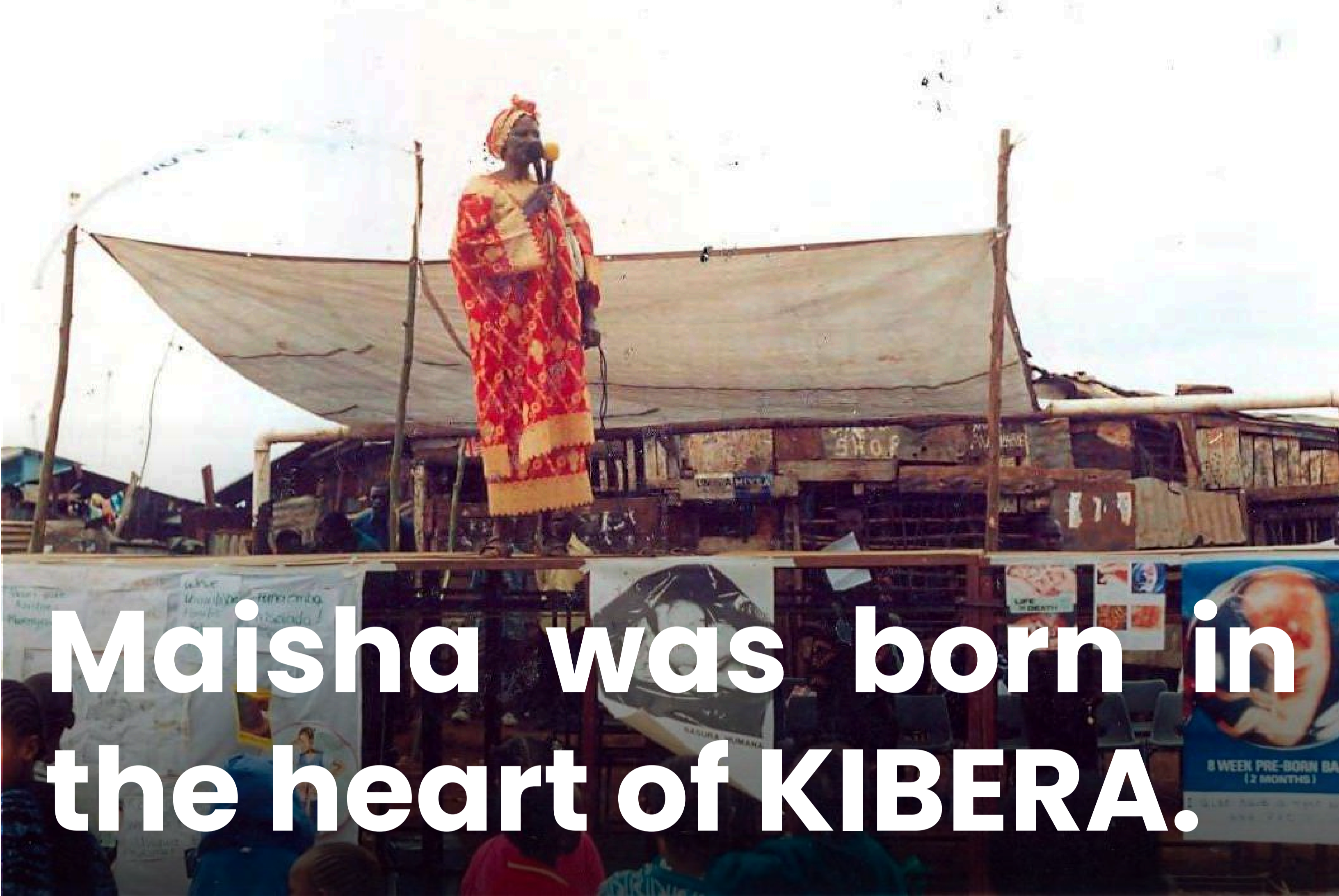
Our commitment to life translates into concrete support for pregnant women, mothers and adolescents who require a support network.

COOPERATION

We work collaboratively and value the cultural crossroads between diverse communities. We work as a team, horizontally and relying on local actors to carry out our projects.

EQUITY

We work for gender equity, offering equal opportunities and guaranteeing non-discrimination.



Maisha was born in the heart of KIBERA.

Something was worrying **Domtila Ayot**. Day by day she witnessed how in her community, Kibera, many **adult and adolescent women became pregnant with little to no support**, sometimes even against their will, and in conditions of extreme poverty. Something else alarmed her: the number of women who had to perform clandestine abortions, due to the **lack of resources they had to support their children**.

"Mama Domtila" decided to **contribute with what little she had**. She started cutting out papers with her phone number and posted them throughout Kibera, hoping that **women in need of a shoulder to lean on could turn to her**. This is how Edel Quinn Centre was born, which was destined to crisis pregnancies and supporting women.



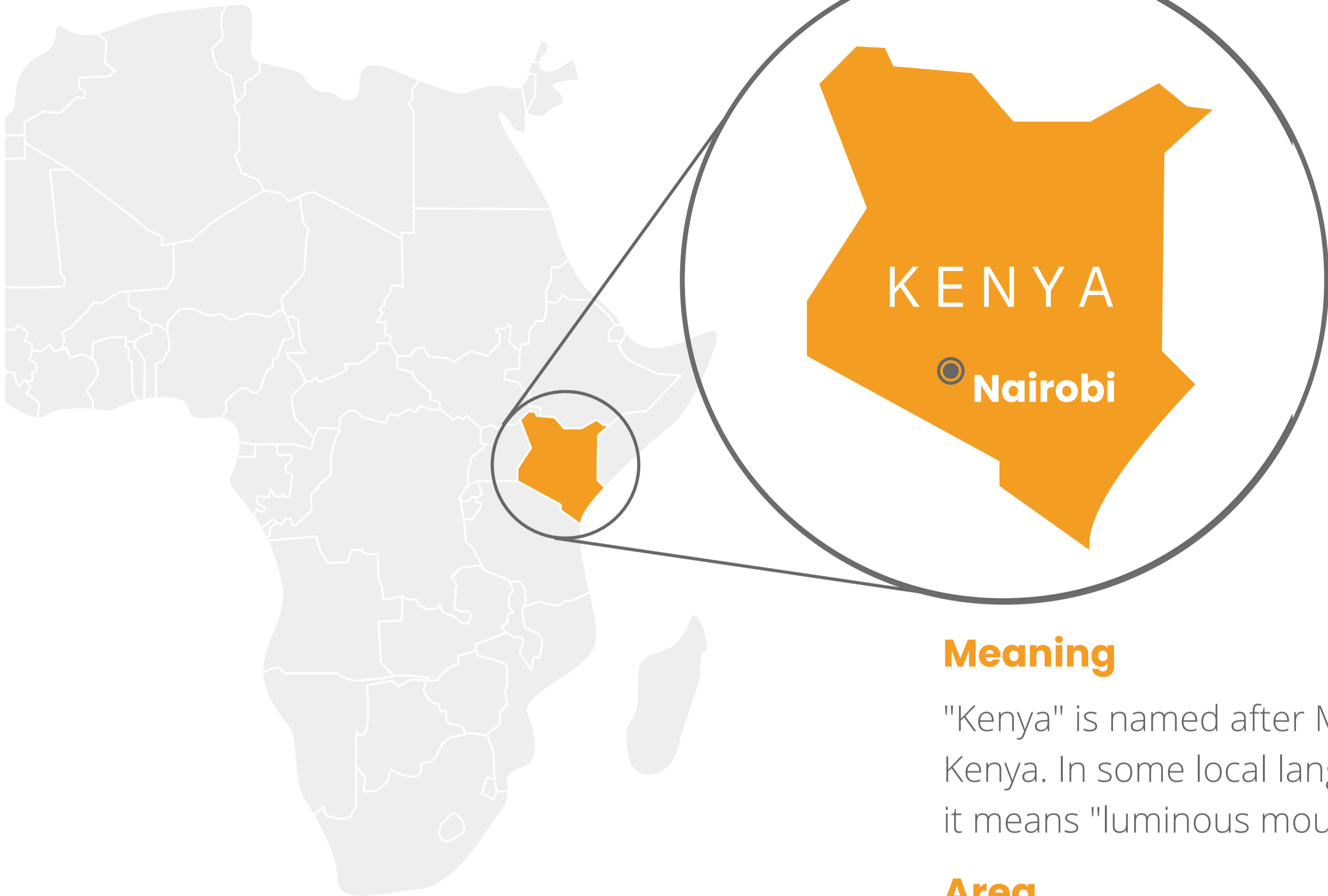
Later, a group of **five Chilean** volunteers at a low-resource hospital in Kenya came across this small but great local initiative, which had become a place of light and life for women immersed in a very adverse environment. Deeply moved by the reality of thousands of African women who could not receive their children in a dignified manner, they asked themselves, "**How can we provide them with real support?**"

After their experience, these Chileans decided to commit themselves to the women and become a true support network. Thus, in 2016, in alliance with the Edel Quinn Centre, **Maisha was formed**, which means **LIFE in Swahili, sharing the dream of housing and supporting mothers and their children in Kibera.**

Today, Maisha is a **network of more than 60 people** focused on providing support to women and their families, united in the dream of continuing to expand this work in Kenya, Chile, and other parts of the world.

Kenia T U A B O





Kenya

Is a country in East Africa **whose capital is Nairobi.**

It is known for its **wide variety of animals, landscapes and tribes.**

It is officially formed by **44 ethnic groups.** The main ethnic groups are the Kikuyu, Luo, Luhya, Kamba, and Kalenjin.

Meaning

"Kenya" is named after Mount Kenya. In some local languages, it means "luminous mountain".

Area

591.958 km²

Population

56.2 million inhabitants

Official languages

English and swahili

Capital

Nairobi

Life expectancy

63 years

Religions

Christianity predominates with 86% of its population, followed by Islam with 11%.

60%

Of births are out of hospitals

21%

Of mothers are teenagers

20%

Of girls are subjected to FGM (Female Genital Mutilation)

50%

Are school dropouts



Only 40% of births occur within hospitals

Health in Kenya is precarious, with only 40% of births occurring within hospitals (Wong et al. International Journal for Equity in Health, 2020).

When examining the figures, the situation is alarming. The maternal mortality rate is 377 per 100,000 live births, whereas in Chile, the number does not exceed 10 women (World Bank, 2020).



3rd country with the highest number of teenage mothers worldwide

Around 13,000 young Kenyan women drop out of school each year due to unplanned pregnancies, reaching a figure of 21% teenage pregnancies in the country.

According to the latest pregnancy report from the Health Ministry (Health Ministry 2021), Kenya would be the third country with the highest number of teenage mothers worldwide.



30 abortions for every 100 births during 2012

In Kenya, very high rates of clandestine abortions have been observed, being this the main cause of maternal morbidity and mortality in the country.

According to a study carried out in 2012, there were 464,690 cases of induced abortions, corresponding to 30 abortions per 100 births that year (Health Ministry, Kenya, 2013).



10 midwives or nurses for every 100,000 patients

The numbers are lower than the minimum staffing level recommended by the World Health Organization (WHO) of 356 nurses or midwives per 100,000 inhabitants.

This figure is harmful to other indicators such as neonatal mortality, childbirth complications, infections, etc (Health Ministry, Kenya, 2020).

Abokibera



Kibera

Is the largest slum within Kenya and the second largest in Africa. It is an informal settlement located in the **suburbs of Nairobi.**

1,000,000

POPULATION



It is estimated that Kibera is home to approximately 1,000,000 inhabitants who live in overcrowded conditions, that is about 8 people per 9m² (Bouza, 2019).

Meaning

Forest or jungle.

Population density

+ 2.000 people per hectare.

Slums

Barrios marginales con escaso acceso a servicios básicos.

\$1.25 USD

A DAY TO LIVE ON



More than 50% of the slum dwellers live in extreme poverty, on less than 2 dollars a day.



High levels of unemployment



Limited water supply



Inadequate electricity supply



Absence of sewerage systems



Drug trafficking and crime

20%

Of homes have access to electricity.

20%

Of children attend primary school.

20%

Of residents have a formal job.

50%

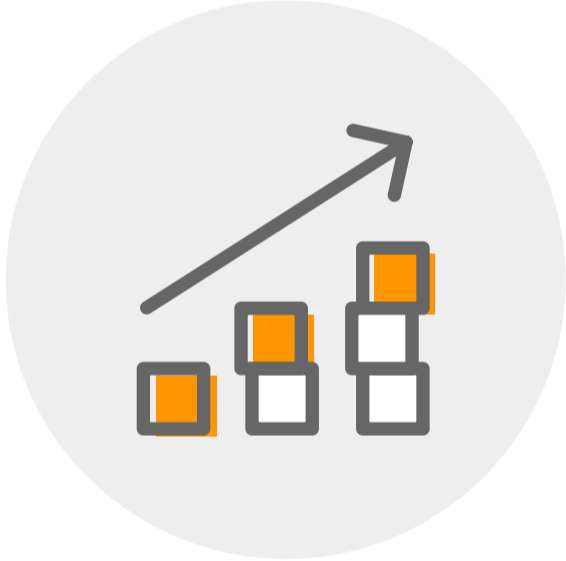
Of residents are unemployed.



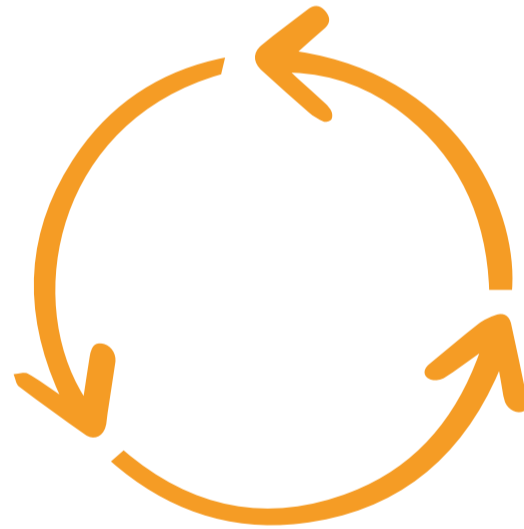
Maisha Programs

We have four lines of action to carry out our work.

HOUSING



SUSTAINABILITY



HEALTH



SEXUALITY AND AFFECTIVITY EDUCATION



Housing

Through our housing program, we provide comprehensive support to pregnant women in crisis during pregnancy and postpartum.

We offer 24/7 telephone support, home visits, and a temporary home for those mothers who do not have a support network.

We meet the basic needs of the woman and her newborn by providing supplies, food, and care.

We organize meeting spaces for mothers with the local community and with the Maisha volunteer network in the field.



Health

Through our health program, we ensure that mothers and their children receive health care before, during, and after childbirth.

We offer prenatal checkups, childbirth care, and breastfeeding counseling. We carry out continuous monitoring of mothers and newborns through home visits.

We educate and train local health personnel to enhance skills within the community itself.



Sexuality and Affectivity Education

We support children, adolescents, and young people in different stages of development, under a personal perspective of their affectivity and sexuality.

We work in collaboration with the international Teen STAR program, which trains our volunteers to work on issues related to the physical, psychological, emotional, intellectual, and spiritual dimensions of the person.

We develop decision-making skills based on freedom and responsibility. We train local monitors so they can continue replicating the program on an ongoing basis in their communities.



Sexuality and Affectivity Education

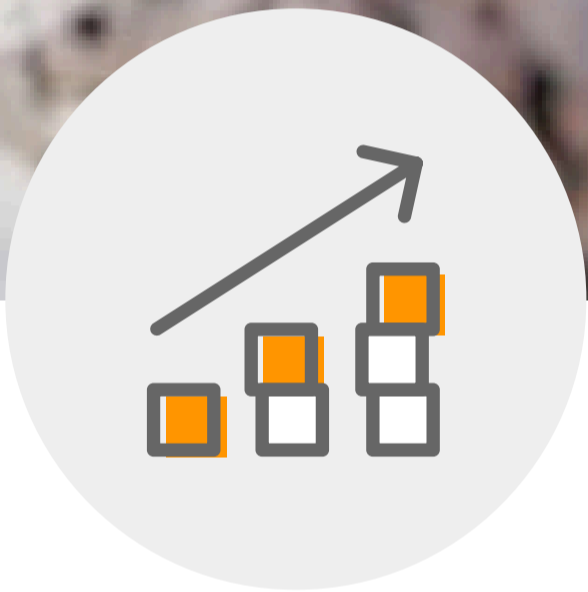
Menstrual Cycle and Female Hygiene

As part of our sexuality and affectivity education program, we have the "Menstrual Cycle" initiative to guarantee menstrual hygiene supplies.

Menstruation continues to be a problem for many girls, adolescents, and adults who do not have the basic supplies needed for this period. It is also one of the main reasons for school absenteeism in Kenya.

We work so that menstruation is no longer an impediment, and to ensure that it is informed, environmentally friendly, and accessible.

Our response to this is the distribution of reusable sanitary pads accompanied by an educational workshop on the menstrual cycle and female hygiene recommendations.



Sustainability

Through the sustainability program, we empower mothers with tools that enable them to support their families autonomously and safely.

We provide them with technical skills, saving strategies, and the opportunity to explore income-generating activities. In addition, we encourage personal and professional development by promoting recreational and educational opportunities, allowing them to broaden their horizons and increase their confidence and self-esteem.

Finally, we seek to provide them with the knowledge they need to achieve their goals.

2023 Staff and Volunteers

FOUNDERS



**Julián
Álvarez**
Co-Founder



**Wenceslao
Zegers**
Co-Founder



**Sebastián
Frías**
Co-Founder



**Fernanda
Almarza**
Co-Founder



**Antonia
Villablanca**
Co-Founder

DIRECTORS



**Antonia
Villablanca**
Director



**Javiera
Arellano**
Director



**Wenceslao
Zegers**
Director



**Fernanda
Almarza**
Director



**Christine
Chassin-Trubert**
Director

EXECUTIVE DIRECTOR



**Rosario
Mozó**
Executive Director

KENYA TEAM



**Domtila
Ayot**

*Director of the
Maisha Shelter*



**Felipe
Amenábar**

*Field Coordinator
in Kenya*



**María Jesús
Figueroa**

*Field Coordinator
in Kenya*



**Florencia
Torrejón**

*Field
Volunteer*



**Dominga
Brunner**

*Field
Volunteer*



**Bernardita
Sanhueza**

*Field
Volunteer*



**Manuela
Kawas**

*Field
Volunteer*



**Camila
Engelbreit**

*Field
Volunteer*



**Rosario
Larraín**

*Field
Volunteer*



**Chelsy
Maina**

Intern



**Antonia
Cuevas**

*Field
Volunteer*



**Ana
Lira**

*Field
Volunteer*



**Sofía
Baranda**

*Field
Volunteer*

KENYA TEAM



**Nicole
Espinosa**

*Field
Volunteer*



**Samantha
Kraft**

*Field
Volunteer*



**Javiera
Quevedo**

*Field
Volunteer*



**Florencia
Alamos**

*Field
Volunteer*



Zep

*Yoga Instructor
Volunteer*



**Michael
Nyerere**

*Art Instructor
Volunteer*



**Sofía
Taibo**

*Field
Volunteer*



**Jo
Aubrey**

*Field
Volunteer*



**Lucas Oluoko
Molo**

*Sewing
Instructor*



**Mitchelle
Achieng**

*Hairdressing
Instructor*



**Alice
Wanjiru**

*Finance
Instructor*



**Peris
Mwaniki**

*Therapist
Mental 360*

PROGRAM ADVISORS



**Catalina
Calderón**

*Sexuality Education
Program Advisor*



**María José
Salas**

*Housing Program
Advisor*



**Catalina
Bustos**

*Health Program
Advisor*



**Marianne
Pollmann**

*Sustainability
Program Advisor*

TRANSVERSAL TEAM



**Josefina
Streeter**

*Volunteer Coordination
1st Semester*



**Bernardita
Sanhueza**

*Volunteer Coordinator
2nd Semester*



**Victoria
Covarrubias**

Human Resources



**Ismael
Frías**

Legal Area



**Consuelo
Gutiérrez**

The Maisha Market



**Valeria
Ruiz**

Well-Being Advisor



**Florencia
Torrejón**

The Maisha Market



**Andrea
Figueroa**

*Financial Support
and Advice*

Alliances

We would especially like to thank our collaborating institutions that, day by day, make the realization of our projects possible.

The contribution that each one makes has been fundamental for us.

Thank you so much!

Asante Sana!





2023 Maisha Activities

It was a year marked by great work in the field and program restructuring.

In this section, we would like to show the most important projects and milestones of the year 2023.



JANUARY 2023

We kicked off the year with a fantastic collaboration between Maisha and **Patagonia Compassion!**

Together, we conducted a training session on **menstrual cycle and feminine hygiene**, along with the distribution of **reusable sanitary pads** to **60 adolescent** girls in Makueni, Kenya.

A huge thank you to Patagonia Compassion for this partnership! Collaborations like this allow us to reach more women in our efforts to alleviate menstrual poverty.



Our field team was invited to participate in the **Latin Gala**, attended by over 120 people from diplomatic and business sectors.

A **charity raffle** was held at the event to benefit Maisha, raising enough funds to cover the food expenses for **two months** at the shelter. Thank you to everyone who supported us!

On another note, **Felipe Amenábar** ended 2022 as a financial advisor and began 2023 as field coordinator alongside María Jesús Figueroa, with the task of expanding and further professionalizing the field programs.

FEBRUARY 2023

This month, we formalized a partnership with the Kenyan organization, **Mirror of Hope**, by integrating two 2021 Maisha mothers, **Vivian and Lavender**, into a 6-month **advanced sewing course**, where they refined their skills and explored new techniques.

Thanks to collaborations like these, opportunities for our Maisha mothers multiply, allowing them to open their own businesses and thus achieve financial independence.



We wrapped up the month by launching educational workshops in partnership with **EducAfrica**. We worked in collaboration with Saint James and Golden Bells schools in the **Mathare slum**, targeting children between the ages of 9 and 14.

In partnership with the **Teen STAR** program, we provided support and tools on topics related to sexuality and affectivity, adopting a holistic and personalized approach.

A huge thank you to Teen STAR for training our volunteers and for working with us to implement this program.



MARCH 2023

We kicked off the month with a fantastic gathering at our **first-semester team day**.

This occasion served as an opportunity to welcome the second-semester 2022 volunteers to Chile and bid a symbolic farewell to those departing in 2023.

On a bittersweet note, we bid farewell to **Antonia Villablanca**, who served as the foundation's **Executive Director** from 2019 to mid-2022.

Antonia, we extend our deepest gratitude for your unwavering dedication and commitment during these years that have been instrumental in the foundation's growth!



Carrying the momentum of Women's Month, we launched the "**Menstruación Sin Reglas**" (Menstruation Without Rules) campaign. Similar to previous years, this campaign focused on raising funds to provide reusable sanitary pads to girls and young women in Kenya.

Thanks to the generous contributions of our donors, we were able to collect and distribute over **1,500 reusable sanitary pads to 520 girls and young women.**

We extend our heartfelt gratitude to all the donors and volunteers who made this campaign a success!

APRIL 2023

In April, we had the opportunity to participate for the second time in the **Bizarre Bazaar market** alongside 70 other local entrepreneurs. We were present with our **Maisha Boutique** charity store, offering original products made with love and effort by **Maisha Mothers**.



In **Barsaloi**, we supported the health dispensary with **training sessions for the staff**, focused on improving childbirth care. We also accompanied the local team on their **rural health operations**.

Thanks to a donation, we were able to deliver and provide training on the use of **Water is Life filter straws** to child herders who do not have access to safe drinking water. With this, they can access clean water from any source they find!

Having the opportunity to share with communities who open their doors to us is priceless. We always appreciate the warm welcome we have received in this area. Asante sana!



MAY 2023

At Maisha, we are driven by the overarching goal of empowering our mothers to achieve financial independence through their talents and skills. In May, we celebrated a significant milestone as **Mitch**, a Maisha Mother from 2022, embarked on her journey as the **hairstressing instructor within our Sustainability program.**

Mitch's addition to the program has been an invaluable asset, and we are filled with immense pride to witness the empowerment and passion that our mothers embody.



Mother's Day was celebrated in style. Thanks to a donation, we had a spectacular outing to the **Giraffe Center**. The Maisha Mothers and volunteers had the opportunity to see and feed giraffes, in addition to enjoying a lovely reflective activity on the importance of mothers in society.

If you are interested in donating an experience like this, write to us at contacto@fundacionmaisha.com

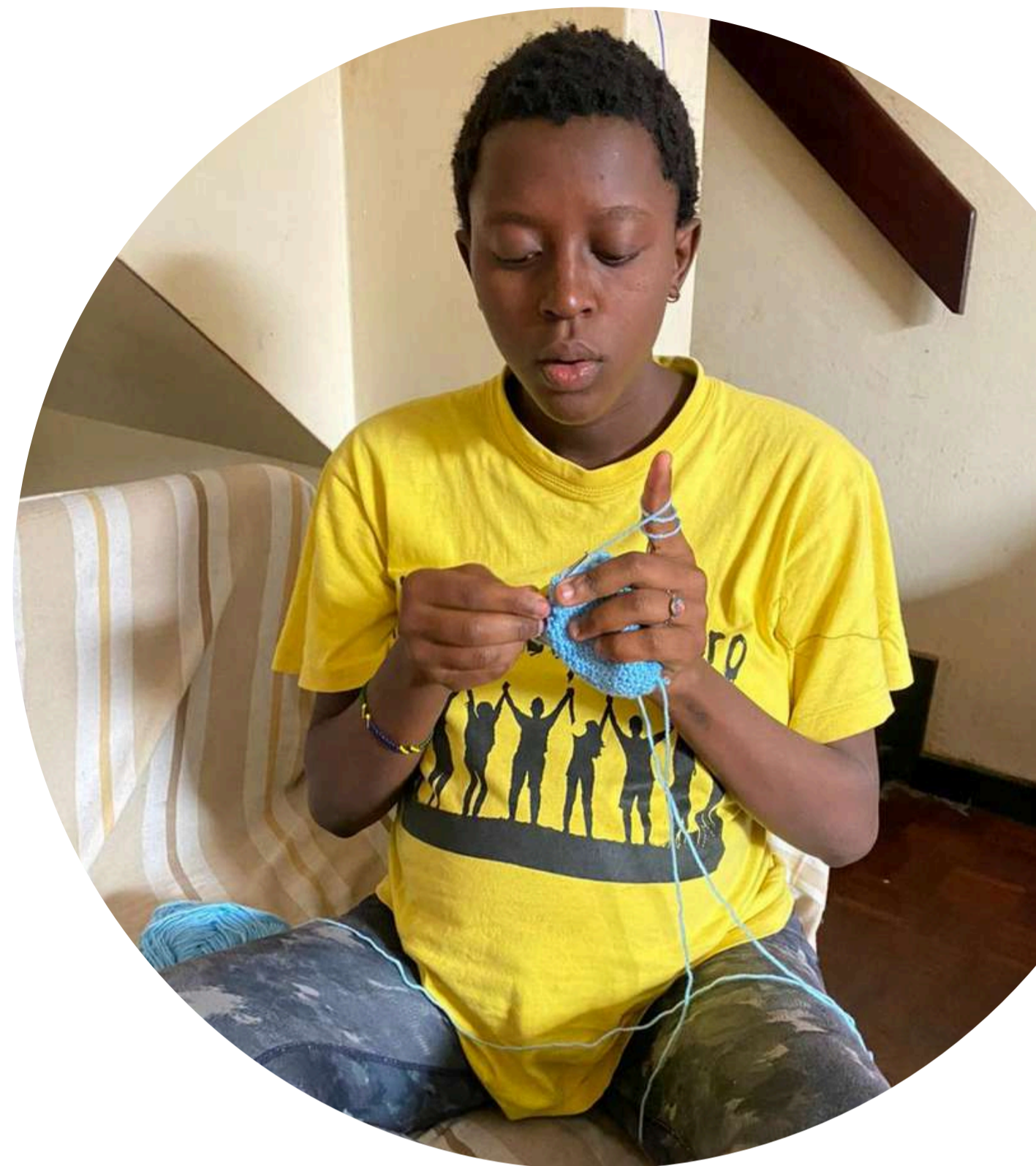
Chile didn't miss out, and **The Maisha Market** launched the **"Nakupenda Mamá"** campaign offering Mother's Day breakfasts, because the meaning of this day is not to buy gifts, but to represent maternal love, and what better way to do it than by supporting other mothers.

JUNE 2023

During their stay at the shelter, our Maisha Mothers receive classes and training on various topics, with the aim of awakening hidden talents and working on personal well-being.

Antonia Cuevas, volunteer of the housing program, began teaching them **knitting and crochet**. They made incredible creations during the year!

Thank you Antonia for encouraging this hobby, which helps them see that they are capable of much.



Our Maisha volunteer network keeps growing! In June, 3 new volunteers joined us in the field:

Ana Lira in the health program, **Sofía Baranda** in sustainability, and **Nicole Espinosa** in sexual and affective education.

We are incredibly grateful for their work over the past year. They have made a significant impact on each of their programs and on the hearts of the Maisha Mothers and the team.

JULY 2023

In the month of July, we celebrated the birthday of our dear **Domtila, the heart of Maisha.**

Every year, we take this opportunity to gather the great Maisha community in Kenya and thank Domitila for her work and dedication.



Ana, health volunteer, conducted a **labor progression session** at Mbagathi Hospital. **15 professionals** from the facility participated, acquiring new skills and tools for their work in the labor area. Thank you, **Ana**, for the training!

AUGUST 2023

In August, we were delighted to welcome **Erica, the National Chess Champion**, who conducted a chess class for the Maisha Mothers, teaching them different strategies and game variations.

Through her inspiring example of perseverance, she managed to ignite a passion for chess among many new enthusiasts.



Since 2018, we have been working in collaboration with the local alliance **Toto Care Box**. Thanks to this partnership, we deliver boxes to mothers with all the necessary supplies for the first few months of their newborn's life.

This year, we received a donation of a **Toto Care Box for each Maisha Mother of 2023**.

Thank you for these years of partnership and your ongoing support in Kenya!

SEPTEMBER 2023

A significant milestone in September was the new partnership we formed with **Mental 360**, a Kenyan organization dedicated to mental health. Thanks to this alliance, all our Maisha Mothers will have access to **free group and/or individual therapy**.



Thank you for this collaboration!



Our sustainability program seeks to provide economic livelihood opportunities for our Maisha Mothers. An important axis of the program is the charity store **Maisha Boutique**.

We are very grateful for the opening of a new corner in **Artisanal Gallery**, a store in Nairobi, Kenya.

We closed the month with the visit of **Rosario Mozó**, executive director of the foundation during the years 2022 and 2023. It was a great opportunity to learn more closely about the field work and connect with the mothers and Domtila.

In October, we had **Maisha's heart** in Chile! **Domtila was in Chile**, sharing and raising awareness about Maisha's work in different settings. We had two major events at Universidad del Desarrollo and Centro Cultural El Tranque, in addition to visiting Mater Filius, Mujer Impacta, Teen STAR Chile, Fundación Misericordia, the launch of the documentary series Powerful Women, and others.

Thank you very much to everyone who participated and met Domtila!



We finished the month with a great session about menstrual cycle and feminine hygiene, together with the delivery of **reusable sanitary pads to 148 adolescents** at Magoso School, with the collaboration of the **Chilean Embassy** through the Specific Activities Abroad Program (PAEE) fund.

Collaborations like these have made great contributions to the school community to combat menstrual poverty.



NOVEMBER 2023

Throughout the month of November, thanks to a collaborative effort between **Maisha-Orione-Chilean Embassy**, we were able to continue with the task of training the network of teachers, caregivers, and guardians of the Orione Community Training Centre, a training and development center for people with intellectual disabilities, on topics related to sexual and affective education.

Together we seek to provide **informed and responsible training** on the sexual and emotional health of young people, as well as abuse prevention, addressing unique concerns of each family.



Book Club, a new space for Maisha Mothers to discover books and discover other worlds through reading. **Harry Potter** was the first book, which was accompanied by a Movie Night at the end.

This was achieved thanks to the management of **Javiera**, a health volunteer, who participates in a Book Club in Chile, and saw how beneficial these types of activities are for the development of people's **critical capacity**.

Thank you for making this possible!



A remarkable milestone in 2023 was the foundation's registration under **Law 21,440 on Donations in Chile!**

This means that companies or individuals who donate to Maisha will be eligible for tax benefits. This will open doors to more stable and sustainable funding for our activities.

Contact us at contacto@fundacionmaisha.com if you want to learn more.

We closed the year with a great team and volunteer gathering at our **second-semester team day**. We took this opportunity to close the year, talk about the challenges of 2024, and thank the collaboration of this great network of people who make everything we do possible.

In addition, we bid farewell to **Rosario Mozó**, who served as the foundation's executive director during 2022 and 2023. Thank you Rosario for your great dedication and professionalism these years!



In December, we also had the opening of our second **Maisha Market corner at El Bazar de María Ayuda.**

Remember that in 2022 we opened a corner in Las Condes and Ñuñoa store? From now on you can also find us at **Av Vitacura 5028, Vitacura!**

We are grateful for this alliance and the warm welcome you have given us by giving us this space.

We are waiting for you!

Give Maisha • Give Life



On a joyful note, we concluded the year with an exhilarating **Christmas celebration**, bringing together over **100 individuals from the Maisha network in Kenya.**

Our heartfelt gratitude goes out to all the Maisha Mothers, partners, neighbors, and local team members who graced the occasion, and especially to our team in Kenya for organizing such a memorable event!



We are filled with pride as we reflect on the past year and **witness the fruits of our labor.** We are confident that **2024 will be a year** brimming with new challenges, partnerships, and projects.

Since we started this project in 2017, **we have been growing every day.** We are thrilled to share the accumulative impact we have made over these years.





Housing Program Impact



255 women have received support from the organization during their pregnancies and postpartum.



115 of them have received telephone assistance and support provided by our local team in Kenya.

95

Indoor mothers

have entered the indoor program, temporarily living in the Maisha center during their pregnancies and postpartums.

45

Outdoor mothers

have joined the outdoor program, receiving integral accompaniment and home visits.



Continued with their pregnancy



Accompaniment satisfaction

459

Recreational Workshops

69

Coexistence Workshops

Activities with the aim of providing a space for them to develop different skills and generate a sense of community.



102 Toto Care Boxes donated

Newborn essentials, including everything a mother and her baby need for the first few months of life.



Sexuality and Affectivity Education Program Impact

TEEN STAR SEXUALITY AND AFFECTIVITY PROGRAM:



32

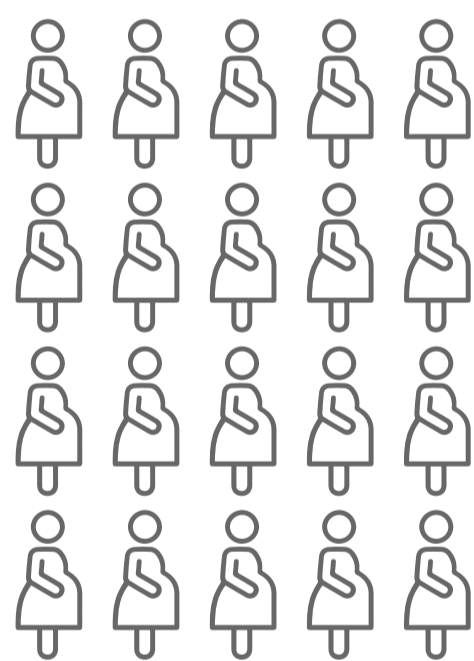
Trained Volunteers

to implement the sexuality and affectivity program.

32

Schools and Communities

Where the program has been implemented in Kenya.



73 Maisha Mothers

have benefited from the internal - educational program on sexuality and affectivity.

1,172 direct beneficiaries

of the external - educational program in schools and communities.

MENSTRUAL CYCLE AND FEMININE HYGIENE CAMPAIGN:

2182

Direct beneficiaries

have participated in the educational campaign in urban and rural areas of Kenya.

75

Direct beneficiaries

have participated in the educational campaign in urban and rural areas of Chile.

5513

Reusable sanitary pads

have been delivered to girls and adolescents without access to this basic commodity.

Health Program Impact



86

Mental Health Sessions

Provided to Maisha Mothers

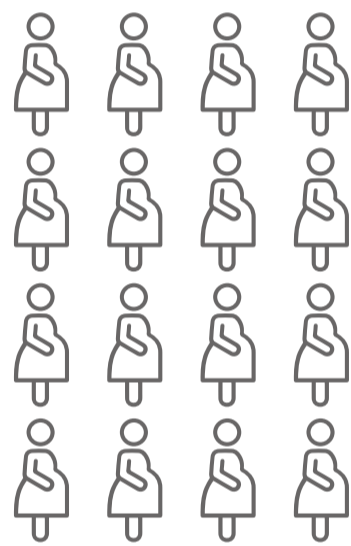


98%

Of Maisha Mothers

Reports improved mental well-being following therapy sessions

HEALTH TRAININGS:



64 Maisha Mothers have received the **cycle of specific health training**, for both their self-care and for the care of their newborns.

49

Trainings carried out

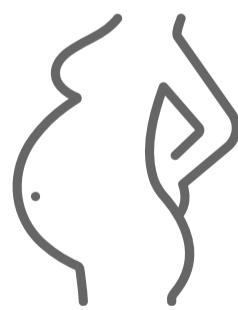
for local health personnel.

367

Direct beneficiaries

have received health training.

PRENATAL CLINICS CARRIED OUT:



637

Maisha Mothers

3548

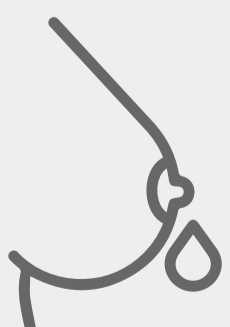
Mothers from other communities

157

Obstetric ultrasounds

provided to Maisha mothers.

DELIVERIES CONDUCTED BY MAISHA VOLUNTEERS:



100%

Exclusive breastfeeding in the first months of the newborn.



88

Maisha Mothers

314

Mothers from other communities

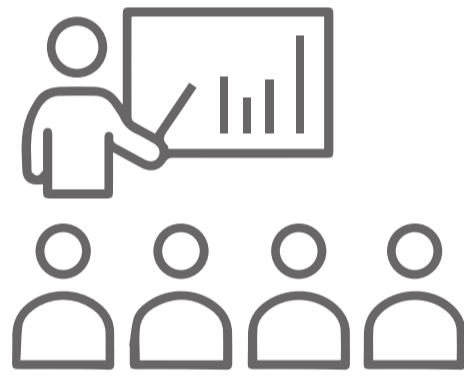


Sustainability Program Impact



111
Direct beneficiaries

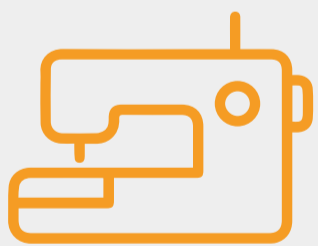
have participated in our sustainability programs.



436
Sessions given

to strengthen the education of our beneficiaries.

Training has been conducted on 4 topics



Tailoring



Hairdressing



Computer Classes



Finance and Entrepreneurship

9 Direct beneficiaries

have resumed studies postpartum.

7.2% of the foundation's income

comes from the sales of the program's products.

47 Direct beneficiaries

have employment at 6 months postpartum.



Volunteers and Collaborative Network

67

Volunteers

have worked in Kenya developing the projects.

63

**Members of the
Maisha network**

have collaborated and participated, through their disciplines and professions, in different initiatives of the organization.


Partners



225

people are an active part of the Maisha Partners family.

Stories and testimonials



We understand the importance of putting a face to the work we do. Without a doubt, the heart of our project are the **Maisha Mothers**. They are the driving force behind our daily efforts to continue working for this cause.



My name is Vall. I am the last born out of 6 in our family. I value honesty and trust more with people who are close to me. My dream is one day to become a fashion designer. I wish my baby to become a great person in the future. I wish her to finish the dreams that I may have not achieved. I wish for our family to reunite and live together in peace and love. We live in Kibera me together with my family, I really admire the founder of the Maisha Foundation, Domtila Ayot. She has really helped a lot of girls living in the slums by giving them a chance to see the goodness, the worth in them. One day I want to become like her. I really want to achieve all of my dreams despite all the challenges that surround me. I believe in me. I want to work hard to achieve them, not only will it be beneficial to me alone but also to my family and a lot of other people that I will help in the future. I believe that I can become whomever I want to, nothing can stop me to chase my dreams for the SKY IS THE LIMIT.

Vallery Orgolla

Stephanie's Mother- October 2023

Thanks letter to the Maisha Home
First and foremost I would like to express my special thanks and gratitude to Maisha Foundation. Immeasurable appreciation and deepest gratitude go to the Maisha Mothers, the volunteers, and Domtila. I have served as a Maisha Mother and gained the experience of love from the volunteers, the mothers, and also Domtila. I am greatly indebted to everyone who made it possible and I am also grateful for learning more in the Maisha home like: mrembo, business class, cooking class, tailoring, Teen STAR, medical class, etc.

My special thanks go to the volunteers, the mothers and Domilla for advice, guidance and support over the year. Without them I would not be who I am today. For everything they have done for me, may God bless the work of your hands and I love you all so much and I will miss you so much.



The best feeling in the world is finally knowing you took a step in the right direction. A step towards the future where everything that you never thought was possible, is possible.

Mary Mwema

Abigail's Mother - January 2023

Euphine



To all Maisha volunteers,

It has been a great experience to live here in the Maisha Home. You all welcomed me with more joy and happiness, I admire all your strength of volunteering to help Maisha Mothers. I have nothing big to give, only to say thank you. Since I am leaving Maisha, I know out there I am going to be a good mother with new and good skills that you have showed and taught me. I have no despite that all challenges that I've went through in the past, because I will never let my past define me. And all I've got a gift that cherish in my all life with my new bouncing baby boy Gian. You made me look good, smart and decent. You taught tailoring, hairdressing that I have never knew if one

day I would have done them. You helped to stand with my goal and dream. Maisha volunteers just saying thank you. May God bless each and everyone of you to continue with the same spirit. Without you I wouldn't have known where I could be at this moment. Love you all.

Euphine Achieng

Gian's Mother - May 2023

A THANK YOU LETTER

I take this opportunity to thank God for the far He has brought us. I sincerely want to express my gratitude for the extreme generous support and assistance you've offered me and my family. To all the volunteers you've showed great love, care and support to me since the day I became one of the Maisha family, till date I have felt so much welcomed. I can't thank you enough. You mean a lot to me. To my mzungu midwife Jesu and Berni, you came just when i needed you the most. Ataran and I owe you. Now that am leaving I have so much difference than the day I got here, I came as Grace now am leaving as Ma' Atarah. I also got so much skills eg tailoring and the best part of all I can

prepare my favorite chilean meal to my family (Charquican). It so sad to leave you but same time happy to get bacl home its been a while. I am happy to have you as part of my life. I'll never forget your support and kindness. You have me deepest THANKS.

Grace Mwaura

Atarah's Mother - February 2023



Grace

Marion



My experience in Maisha

My experience in Maisha was nice. They made me feel I was home. I enjoyed the activities so much. They were so loving and caring. Maisha volunteers are the best because they took great care of us. Without forgetting Domtila, she was the best mum, mentor, role model and grandma. Maisha mothers were nice too, and understanding, they were loving. I really love them so much and am missing them. I really miss Domi, Manu, Jesu, Tallo, Felipe, Flo, and all the new comers. They made me feel loved, cared and protected; both me and my Arya. So I love you so much both my Maisha mothers and all volunteers.

YOU PEOPLE ARE THE BEST!

Marion Otieno

Arya's Mother - March 2023



Experiencing Kenya and Maisha from within is something that leaves a lasting mark. That's why many of our volunteers and team members have wanted to share their experiences with you.



Michael Nyerere

My experience was really great as i got to learn more about the mothers and what they went through . Through using art as a form of expression some of the mother realised its easy to use certain materials like charcoal to draw something they never thought it could be used to draw. Through using art as curriculum activities the mothers got to learn its a form of career that one could venture in and be one of the sustainable things that they could use when they leave the home. Using art it involves the mothers to be creative with the materials we used such a cutting and painting know colour theory something that can be used on daily basis be it in fashion or even interior decor. By the art classes i learnt that the mothers wanted it to continue that's why I have volunteering to take it up in 2024.

 **Michael Nyerere**
Art Instructor
Housing Centre 2023



I have known Maisha since before it existed, having had the opportunity to share with its founders since the Foundation was just an idea... over time, we have become a solid team, eager to grow but with the clarity that we must do so responsibly.

From my role as part of the Board of Directors, I realize the love and passion that everyone puts into their different roles, in their day-to-day commitment, which represents the spirit of our Maisha volunteers, and as a Board of Directors, fills us with pride and gives us the confidence to professionally seek alliances and partners that enhance our impact on the ground.

We hope to work with all our dedication, to be a Foundation that over time will change the course of many women in Kenya and why not, think big... many women throughout Africa.

 **Javiera Arellano**

Laywer

Board of Directors Member 2022- 2024

Sofía



Being able to collaborate with Maisha has not only been an opportunity to contribute my time to a great cause, but also to learn from the project and the people who develop it.

For me, Maisha is the perfect example of dedication, passion, and vocation to solve a real problem like supporting these very young girls who are pregnant and without resources. Although I have been more involved in the sustainability project, I have been able to spend time in the shelter and see the love and dedication with which all the girls are treated, giving them the emotional support that they may not have found at home.

Every day is a lesson in humanity and values, and I hope to continue collaborating with Maisha beyond my stay in Nairobi.

Sofía Taibo 🇪🇸

Outdoor Volunteer

Sustainability/Housing Programs 2022-2023

I literally prayed to God to direct me to an organisation to volunteer with which I would feel like home, and He directed me to Maisha.

My experience at Maisha has been nothing short of amazing. If you had told me that six weeks ago I would be calling this organisation my family, I would not have believed you. I remember being so shy the first day, not knowing how I would be received by the girls as well as the volunteers. This thought was however quickly erased from my mind by the warm reception that I experienced on that sunny Wednesday morning from both the girls and the volunteers.

On my first day, I watched how the girls communicated with Domitila and I confirmed that the girls look at Domitila as their biological mom and, them as her biological children. They have such a unique bond that will forever be imprinted in my mind.

For the six weeks that I was volunteering at Maisha, Domitila showed me the exact same kind of love that she showed her little angels every single day, and I am so honoured to have experienced that. I was also able to note that the girls had a special bond with the volunteers as well. The girls have this funny behaviour of screaming a volunteer's name the second they walk into the home.

On my first day, I remember Dominga walking in and all the girls in unison screamed, "DOMINGAAAAA!" At first, I was startled then I came to realise that this is the norm in the Maisha Home when the girls were screaming, "CHELSYYYY!" in my second week of volunteering. Each and every single one of the volunteers managed to make me feel so wanted and loved. This gave me fuel every single morning to wake up and go to work because I knew that where I was going was filled with so much positivity and love.

Working with Maisha never felt like work to begin with. It felt like I was taking daily shifts to spend time with my family. I always keep saying that I genuinely received more from the organisation as a whole than I gave to it and for that, I will be eternally grateful. I was put in an environment that challenged me daily, to be a better person. This was mostly fueled by my fellow volunteers.

I would like to give an honourable mention to my supervisor Jesu, as I watched her carry out activities at the home with so much determination, thought, and intention. This in turn made me want to do the same. I tried as much as I could to ensure that all I did in the home was backed up by purpose and meaning owing to the fact that there was already a role model doing so.

I would also like to give special shout-outs to all the volunteers because each and every single one of them strives to fly the Maisha flag high in everything that they do.





I love how Maisha has so much structure to it. I would also like to take time to appreciate the activities that are curated by the volunteers which represent the four programs of Maisha. I appreciate the fact that Maisha has created an environment where by the mothers always feel welcome and at home regardless of the fact that their time in the Maisha home has elapsed. My love and connection to the Maisha home will be eternal and I promise to come back and experience the love that I received once upon a time.

Maisha has also given me the opportunity to mentor young girls and hold their hands every step of the way as they go through this new journey. I am convinced that every little girl and young woman that walks into Maisha never leaves Maisha the same. They leave knowing that their life still has so much purpose. They leave stronger. They leave as independent nurtures. They leave being so resourceful not only to themselves but also to others. They leave knowing that there is a community of like-minded people that have their back. They leave with hope. They leave knowing that this mishap was not brought upon their life to shake them up or destroy them but to strengthen them, shape them, and experience a joy not many women in this world can do, and that is to be a great mother.

Chelsy Maina 🇰🇪

Intern - Service-Based Learning - Universidad de Strathmore
Housing Program 2023



When I was asked to write a testimonial for Maisha again, I thought "what an honor." And that's when I realized that you don't have to be in the field to continue contributing your grain of sand to this beloved and much-needed foundation. In 2021, I was fortunate enough to be a sustainability and housing volunteer for 9 months. This time, I am writing as an Advisor of the Housing program.

When I was asked to take on the advisory role in 2021, at the end of my volunteer period in Kenya, I received this role with great joy and enthusiasm. Knowing that it would allow me to continue contributing to the beloved foundation that I owe so much to, for everything it has taught me and the great work it does, now from Chile, made me very happy and knowing that with this role I would always be connected to the foundation.

Working from Chile, I was able to know more about the great group of volunteers who work from here to carry out this foundation, many of whom have not been able to go to Kenya, but all work with great passion and a common goal: help these mothers.

The Housing program holds a special place in my heart. I feel that it is the heart of the foundation, where the volunteers are in charge of supporting them, creating a good atmosphere in the shelter, and organizing recreational activities. Thanks to this program, the mothers feel that they belong to a network, the Maisha network, and that they know that even when they return to their homes, Maisha will always be there for them and they can count on it. That's the beauty of the housing program, the sense of belonging that it creates.

I couldn't fail to mention the great honor it is for me to be in constant communication with Domi. We know that Domi is the heart of Maisha, so she is the heart of the housing center. This year, 2023, we had the great honor of receiving Domtilla's visit to Chile. It was the event of the year. Domi is truly a rockstar, and her reunion with the entire team here in Chile was when everything made sense. Her visit marked so many people here, all the partners who have been part of Maisha had the opportunity to meet her and see that the contribution was real.

I'm grateful for everything that Maisha has grown, and eager for the years to come. Let's not stop, let's keep growing together!



María José Salas

Business Engineer

Housing Program Advisor 2021- 2023

I would like to talk about my experience as a volunteer in the health program. My name is Ana and I am a nurse-midwife.

For many years I had the dream of going to Maisha. I knew that the need for help and extra hands in childbirth and quality care during pregnancy in Kenya is much greater than in Chile. In addition, the birth rate is much higher and the number of teenage, single and impoverished mothers is very high.

These mothers have little support, in general they are pressured by their families to have abortions and are expelled from school. What Maisha does is truly incredible. It offers them a home, a bed, food every day, finances their prenatal checkups, ultrasounds, medications, and support during childbirth and postpartum. What caught my attention when I arrived was that "just because it's Africa" shouldn't lower our quality standards.



ANA

Witnessing Jesu's (coordinator and nurse-midwife) work was truly admirable. She maintained a sterile environment at all times, secured the necessary treatments for infections, consulted with Chilean doctors, and conducted research to provide the best possible care. She was a great guide and mentor. She oriented me in everything that was done at Maisha and was always attentive in case I needed support with anything.

Gaining the trust of the mothers at first wasn't easy, but little by little I got to know them, and they opened up to me, telling me about their problems and needs. I loved the relationship that was formed over the 6 months. There are mothers who leave and others who arrive, but in general you get to know them very well. They made me laugh, cry, scared me, everything, but I think that's what makes the experience of working with them so rich and human.

We had a mother who was a very difficult case. She had a very tough background, having been a victim of sexual violence. She arrived at Maisha seemingly very shy and distrustful, and managed to feel safe and happy in the house. At the time of delivery, everything was an issue for her and reminded her of her traumatic experience.



But her baby was born healthy, and she received her happily. As the days went by, she began to show signs of anxiety and panic attacks.

It was very difficult for us because mental health is a subject that is a bit out of our hands and very difficult to treat. She has been in the shelter for 9 months now, with weekly psychological support and treatment. There are days when she is back to being a happy teenager, but there are others when we find her shivering on the floor, desperate.

I think her case was the one that marked me the most, since she was a mother who was there throughout my period and made me go through many emotions. It is really sad that teenagers with such big hearts have to go through such a horrible experience. And that despite the fact that they adore their babies and promise to give them the best future, their bodies and minds work against them.

There is really a lot that can be done in the health area. The Maisha mothers and the people at the hospital really appreciate it. So I hope this testimony inspires new midwives or nurse-midwives to travel to Kenya and live this incredible experience.

 **Ana Lira del Campo**

Nurse-Midwife

Health Program Volunteer 2023



A part of you breaks.

You can't fathom that a young girl has gone through such terrible experiences, because it's a real story that happened to a living, breathing person, a little girl you see every day. It's not a testimony you heard on television, nor a paragraph you read in a magazine. It's a story you're a part of, and therefore, one in which you can make a difference. Even if it's adding a laugh or a warm memory that can make her feel less afraid, lessen her anguish a little, feel a little less hatred towards the fate that befell her.

Not everything is laughter.

Nor is it dancing or vibrant colors as they show it on social media. When you see that behind the bougainvillea and jacaranda trees lies one of the largest slums in the world, and that the scent of flowers is not enough to hide the smell of sewage, burnt garbage and dirt that emanates from the slum. When you realize the burn marks on their black skin and the protruding bones on their thin bodies and you understand that if they hide or steal food it is because they are afraid of going hungry.

When you feel their hand clasped in yours as you walk through Kibera and understand that they don't want to go down one of the winding streets that crisscross the slum's maze because they're afraid of running into their rapist. When you realize that those eyes that express a deep sadness belong to a girl half your age, but she had to assume too quickly that life is harder and more unfair for people with less, that their bodies are currency, but it's a lifestyle that is paid dearly for. When you understand that the deep devotion and affection she shows you is because maybe no one had ever told her they loved her, that she was important, because no one had given her a minute of their time to teach her something or encourage her to discover her talents.

You laugh when they approach you asking for money or to take them to America, because when they see your white skin they think you're a rich tourist, and they're right, you're stupidly rich: You have a bed all to yourself, when they have to share it with three or four other people. You have clean water to drink every day just by turning on a tap, when they can at best buy a dirty jug that they have to carry through garbage-strewn streets to share with their whole family. You have a bathroom, when they have a garbage bag or a hole in the floor that they have to pay for at best. You have a support group to turn to in times of crisis and a loving family that will support you in the worst-case scenario, while they were abandoned when they became a burden to the family. It is not uncommon for a parent to abandon them when they form a new family. It is not uncommon for someone of their own blood to be the rapist or abuser. It is not uncommon for fear of not being able to have and be enough to raise their child to make them think about having an abortion. Nor is it uncommon for them to normalize offering their barely developed bodies to anyone who can give them a couple of coins to buy something to eat. These stories are everyday life, they are the reality for most of them.

A part of you breaks.

When you hear a song of hope playing on the radio. When you hear the first laugh from the girl who had been staring vacantly from the battered armchair in the shelter for weeks. When you watch her look at her child with love, a child she once hated so much she tried to abort. When the little girl who barely spoke when she arrived is the first to take your hand and invite you to dance, when she dares to tell her story and you cry together for all the hardships she has been through. To heal, you have to lose your fear of showing vulnerability, that's when you start to be strong. I learned that from them.

You gain tears and sad memories, but also a feeling of absolute fulfillment. You lose sleep trying to understand how life can be so unfair, but you also lose your fear of stepping out of your comfort zone and making a fool of yourself, because you'll be willing to do anything to make them laugh and bring hope back into their lives. You end up exhausted each day after walking through the vast garbage dump that is Kibera, but the memory of a hundred children with shaved heads running to

hug you and smile with their big, bright eyes fills your soul and brings a smile to your face every time you think of it. You try to teach them everything you can so that they learn something to help them be independent and think about the future, while they teach you to live in the present, to appreciate the smallest things that are often taken for granted, to marvel at every breath that tells you you are alive.

Even having nothing, they don't hesitate for a second to share with you the little they have. With half of your education, they continue to teach you every day more than you could have imagined. With a life full of hard experiences and assuming such young responsibilities and painful truths, they are still able to laugh out loud and feel a deep and sincere gratitude for an act as simple as sitting down with her to draw.

A part of you is reborn with them, and it is more beautiful than you could have imagined.



Florencia Torrejón

Business Engineer

Sustainability Volunteer 2023

Why Kenya?

That was the question I heard most in the weeks leading up to my departure. With so many possible answers - like that Kenya has the largest slum in Africa or that it is the third country with the highest number of teenage mothers in the world - most of the time I would just answer, why not? The decision to come was easy. It was quick. It was simple. It's hard to explain the excitement and anticipation you feel before leaving.

Now that I look back, it was the closest thing I've ever experienced to a frenzy. I traveled to Kenya full of expectations, dreams, and hopes; knowing, at the same time, that I was not going to change the world. I left my family and friends in Chile and created a second family in Kenya. I fell in love with every mother, every child, every program, and every place I met from the moment I set foot in Kenya. I studied Kiswahili, learned from my new sisters, admired my field coordinators, and took a little piece of each person I crossed paths with during my short stay. I started to question everything and to appreciate things like knowing how to count or having a mom. It's strange to think how improbable my encounters with the Maisha mothers would have been if it weren't for the foundation...



It's strange because they were the ones who taught me to love in the purest and simplest way. They taught me to find love everywhere: in the way they waited for me to splash water on me on my birthday, in the attention they paid me while I was teaching - despite being pregnant, tired, and teenagers - in the way they trusted me enough to dare to ask difficult questions, or in all the times they asked me to call my family on video chat just to learn more about me.

Accompanying them on their path to empowerment has been the most important and significant thing I have done in my life. It was almost 8 months, but it felt like a lifetime. A lifetime that taught me to have the humility to admit that things don't start or end with us, to accept that all deadlines are met, to understand that the most beautiful things in life are often so because they are ephemeral, that you can be happy with very little and that life will not stop being unfair. I also understood that the hardest battle lies ahead: to fight for my volunteering not to be a parenthesis in my life but a path to a new life, to not leave behind or forget everything I saw, to take with me every precious memory and also every feeling of bitterness... because - I insist - life will not stop being unfair.

Maisha was born in Kibera, but lives in every woman who has passed through the foundation, lives in each of their children, lives in every opportunity taken advantage of, lives in every hand placed on the wall of the shelter, lives in every gram of trust that has been earned with so much effort, lives in the camaraderie that persists after goodbyes, lives in every smile we manage to get out and lives in all the love we were able to give.

How can I explain what I lived, what I learned, what I danced, what I saw? I can't. No matter how much I write, how much I talk, or how much I cry about the end of this adventure. Nothing I do can do it justice. I came to Kenya knowing that I was not going to change the world, not knowing how much Kenya would change mine.

It's hard to put into words what it's like to live in Kenya and at Maisha.

One of the questions Flo asked us when we met again in Chile was "How would you define your arrival in Chile in one word?" To which several of us responded: lonely. It sounds very sad, but it's real because of the longing to leave behind one of the best experiences life has given me.

It seems illogical, the fear I had when I got on the plane to Kenya, since it was something I had dreamed of for so long, but the fact that it was finally coming true was a wave of emotions and questions. To my surprise, a country so far from Chile with such a different culture quickly became very familiar to me. The way they receive you makes you feel very welcomed and loved in a matter of seconds.

In my first weeks at Maisha, I had the opportunity to conduct intake interviews where mothers open up and share their stories. With a lump in my throat and a tight stomach as I listened to the things that 15-year-old girls have had to go through, it makes you question how so much cruelty is possible. But even so, these powerful women showed me how to move forward, have hope again, and dream again.

It's amazing to see the difference between how these little girls enter the foundation and how they return home. I will always remember Tere, a 15-year-old girl with the body of a 12-year-old, who arrived only with a dress and some slippers abandoned by her family and a story that no one deserves to live. With her little English and my poor Swahili, we were able to share our first moments; with tearful eyes she kept thanking me and telling me that she loved me very much, for the simple fact of having brought her clothes; how much it showed how much she had suffered and how much she needed someone to care for her. We laughed together when she tried on things and everything was too big for her because she was so skinny.

Little by little, she became more involved in the group and showed more character and strength in the face of life. I couldn't have been more proud the day I saw her standing so tall next to her precious son Liam, with many dreams ahead of her. Sometimes all it takes is for someone to believe in them and tell them how much they are worth, a little push and you can see how far these incredible women can go. I am also grateful to have met our shosho Domi, what a valuable woman and example of a person, with a very wise and loving look, who never tires of giving. I leave with my heart full of so many stories, so much love received and much pride in the women I met. I am grateful to the whole family of Chileans who accompanied me during the 6 months, with whom I formed lifelong bonds and with whom I will always be able to share a piece of Kenya.

Asante Sana, Kwaheri Samaki.

Dominga Brunner 

Speech-language Pathologist
Housing Program Volunteer 2023



Dominga

Berni



Volunteering in Kenya is an experience that I will be grateful for forever.

I set off to follow a project that I fell in love with from the start. I arrived in Kenya and immediately realized how incredible this place is, its people, its colors, culture, music, landscapes, and surprises. There is an order within the chaos of Nairobi that is very special. At the same time, I encountered a stark inequality, very precarious areas, stories of abuse and gender violence. I went with the mindset of keeping my expectations to a minimum and simply letting myself be surprised by what happened there, making the most of each situation, learning and trying to leave something positive along the way.

Seeing how each mother who goes through Maisha is a world in herself, with her own story, dreams, and motivations is something very inspiring. I will always be grateful to have been able to see the transformation that these women have, arriving sometimes with very adverse life stories, timid and scared... ending the program as empowered, happy women, confident in their abilities, with dreams for their future and for their children.

Being a part of it teaches you to see things in a different light, to be grateful, to enjoy the moment, to find joy in the simple things, and it motivates you to give your best to this beautiful project.

Each of the mothers I met was very special, their strength and resilience marked my time in Kenya. Supporting them with knowledge, listening to them, celebrating their achievements, accompanying them during labor and childbirth is unique and creates very strong bonds. Domitila also became a source of inspiration and admiration, so patient, joyful, determined, and wise. Each conversation with her is a treasure.

I will always remember the innocent and pure love of the children in the schools, their songs and laughter. The children on the streets of Kibera, barefoot, happy, and their unexpected hugs, questions from curious little ones trying to know where you come from or if your skin color is magic. And of course, my dear team, this family that you form in a place far from home and that day by day were a key part of sharing sorrows, joys, desires and motivation. Asante sana!

I would repeat this experience a thousand times, part of my heart remains in that place of the world that for 6 months was and will continue to be a second home. Thank you endlessly for having been able to fulfill this dream.

Bernardita Sanhueza 

Nurse

Sexual Education Program Volunteer 2023

Volunteer Coordinator 2023



Tailo

Before writing this testimony, I decided to reread my motivation letter from when I applied for this volunteer position. One of the sentences that caught my attention the most was: "I would like to be able to give back in some way all that I have learned these years, both in my volunteer work and in my profession, and make it available to others."

I remember when I arrived in Kenya, I was eager to feel useful, to be able to help, and even to leave a mark. Over time, I realized that volunteering was not about that, at least not in my experience. All I stay with are learnings, love, experiences, knowing different realities and people, among many other things. I remember when I arrived that my coordinator wisely told me: "It is best not to have expectations and not to compare yourself." Each volunteer experience, each program, each role is different. I learned that the important thing is to be yourself, to let yourself go, to give and receive.

At first it took me time to adapt, there were many challenges and you don't always know how to act in addition to the difficult decisions I had to make. Luckily, I had a team that supported me a lot and

taught me a lot, they were not just my work colleagues, they were my family.

I joined the housing program where the main focus was to make things work in the house, from food to the famous "kungunis" (which never left). Also, with the mothers who entered and graduated, making sure that they lived in a suitable place and that they were followed up once their stay was over. To this we added entertainment activities and other classes. But what I liked most were the "tembea" (walks) where we took our time to go for walks and talk, allowing us to generate a personal and trusting space where we could get to know each other better.

It was in those moments that I could see brave women who ranged from 13 to 21 years old (while I was there) who came from very adverse realities and vulnerable places. Those who were still in school had had to drop out or, in the best case scenario, postpone their studies. Anyone in their place wouldn't know what to do, but despite that, day after day they showed you strength, a smile, kind words, and a desire to learn and get ahead. I remember the pride and dedication they gave their children when they were born, even two mothers who had initially wanted to give up for adoption and changed their minds. All of them, perhaps each in their own way, opened up and gave their love to people they did not know without questioning beliefs or where we came from. I met women with big hearts, simple and generous. Starting with Domtila, our founder, who was always there to help, teach, give me her time and her wise advice, accompanying me in those moments when I saw myself in trouble, trusting in me and pulling me up.



It was six months of volunteering and if you ask me how I came back after finishing, I would say that I came back in peace and happy. Happy for the people I met, the love I take with me, to see these mothers grow, their smiles and dedication despite the tiredness and the adverse realities that could come with them. And finally, at peace, because I trust that this project will continue to grow and has an incredible team that will continue to achieve many successes.

Thank you for giving me this opportunity, the love, the welcome and for trusting me.
Asantísima Sana!

 **Tallo Larraín**

Elementary Education Teacher
Housing Program Volunteer 2023

Nilijifunza...

I learned upon arriving in Kenya that the magical and forgotten continent of Africa, which is often spoken of as a great nation, as the setting for adventures in faraway lands, or sometimes even as mere numbers of high morbidity and mortality, is a beautiful, colorful universe.

Thanks to Maisha, I got to know the faces, personalities, laughter, and dreams of its inhabitants, particularly of adolescent pregnant women from the Kibera slum, who, at their young age, have experienced misery and pain firsthand, as well as joy in its simplest expression. I was lucky enough to meet the dreamy Mercy, with her big smile, her love of reading and chess. Vall, an extroverted African genius with great ambitions. The affectionate, fun-loving, and astute Marion, with a great internal struggle in her search for belonging, and her adorable Zyana who stole everyone's heart. Janet, a lady at 23, the docile and cheerful Sneidah, the beautiful Maggie inside and out, Mercy, Emma, Marion, and Larveen. I learned that they and their children, the ones who are marginalized by society, are the light of the world and a sign of hope.



I reaffirmed that every life is a miracle, one worth fighting for with every breath. That accompanying the pregnancy and childbirth of these brave women and witnessing the wonder of giving birth to their children is a privilege. That health is not an end in itself, but rather a fundamental minimum good for the development of dreams and projects, which urgently needs to be prioritized.

It was in Kilimani that I met an incredible family who, although not blood-related, are united by a passion for justice, adventure, and a deep desire to make this world a little more humane. With whom I shared joys, laughter, and sorrows during these momentous months of my life, eternal witnesses to this experience, and to whom I will always be grateful. Without a doubt, there will be more stories to tell about the "señoras"!

I learned to enter with humility and wonder into the heart of this little piece of fertile landscapes and wild animals, to appreciate the simple things, and to enjoy the people with their always impeccable shoes, good hearts, insolently creative solutions, and unhurried walk.

Finally, I learned that, although we are not going to change the world, we can change a world, and then the job is done. Because it is the ties with whom our stories intersect and the love in what we do that allows the world to keep moving and that forges a world that is kinder than yesterdays.

Asante Sana!

Javiera Quevedo 🇨🇱

Medical Surgeon
Health Volunteer 2023

How difficult it is to put into a few words what the experience in Maisha and Kenya was like! Without a doubt, the first thing that comes to mind is all the people I met and with whom I shared so many moments during this time; the mothers and Domi, whom I truly admire, and the team and volunteers; who ended up being my Kenyan family. But I also think about the thousands of emotions I felt during this time.

Joy, enthusiasm, bravery, pride, and amazement are some of them; but there were also moments of sorrow, frustration, fear, and anxiety, because despite fulfilling a lifelong dream, I also went there with my whole way of being, with all my fears and worries.

And despite all this, I would repeat this experience a thousand times if it were possible, because it was a moment of personal growth, of learning to be amazed again, of trusting others, of enjoying life, living and being present day by day... I will never forget the expression "pole pole".



Having the opportunity to be in the house with each of the mothers and Domi had a profound impact on me. Meeting these strong and courageous women, who came from difficult backgrounds and had experienced very challenging times, and seeing them move forward despite their fears was a great life lesson.

They are great role models for me. I think of all of them and remember many moments of laughter from dancing and acting silly, or from the jokes or shows I did for them. How with something so simple one can share joy and see their smiles! It was wonderful to see them grow in such a short time and to share with them, creating spaces of trust, respect, and affection. Sometimes we didn't even have to think about a big activity for this, but they were happy that we were sitting on the couch, listening to music with the babies in our arms, playing chess, or staying overnight. Just being there was sometimes enough; many of them needed someone to talk to or vent to, or the space to allow themselves to dream about their future, or someone to encourage them to keep going, or a hug.

On the other hand, I was able to go to two schools to do the workshops and it was incredible to meet all those children. Every time we arrived, they were excited and welcomed us with great affection. As a teacher, I loved being in the classroom with them and seeing motivated, happy students eager to learn, even though the content was a challenge because of all the taboos present in Kenyan society.



Nervous laughter and outbursts of laughter were not lacking (especially with the great performance of the hormones). I am left with their smiles and affection and with several names engraved in my memory. This was a great boost to continue doing what I love most, educating.

Almost 5 months after returning, I think about this experience again and I get excited, without a doubt I learned a lot and even though sometimes I think that maybe I could have done more, I remind myself that the "famous grain of sand" can be immense for another person. This was a dream come true, and it motivated me to keep dreaming.



Camila Engelbreit

Elementary Education Teacher
Sexual Education Program Volunteer 2023

A few months after returning from Kenya, I still experience mixed feelings. On the one hand, hope is rekindled by knowing organizations like Maisha, which, from my firsthand experience, I know are truly committed to making the world a better place. However, at the same time, I am struck by despair when I remember the harsh reality faced by numerous families in Africa.

My return has increased my willingness to support, to aspire to be better, and to do everything possible to contribute. However, this willingness is mixed with a paralyzing guilt at feeling the impotence of not being able to do more, of not being able to contribute massively to so many people in need, being left only with that modest grain of sand.

The experience in Kenya broadened my perspective, showing me a world of colors rather than black and white, where such opposite feelings coexist when remembering the same moment.

Maisha takes root in your heart, becoming a family you never want to leave, driven by a purpose that brings together strangers to pursue a transcendent goal.

Thank you Maisha, thank you Kenya, for giving me the precious opportunity to contribute, even if it's just a grain of sand, to making a better world. Thank you for teaching me the value of time and for making me understand that there is no perfect time to follow a passion.

Manuela Kawas

Business Engineer 

Sustainability Volunteer 2023



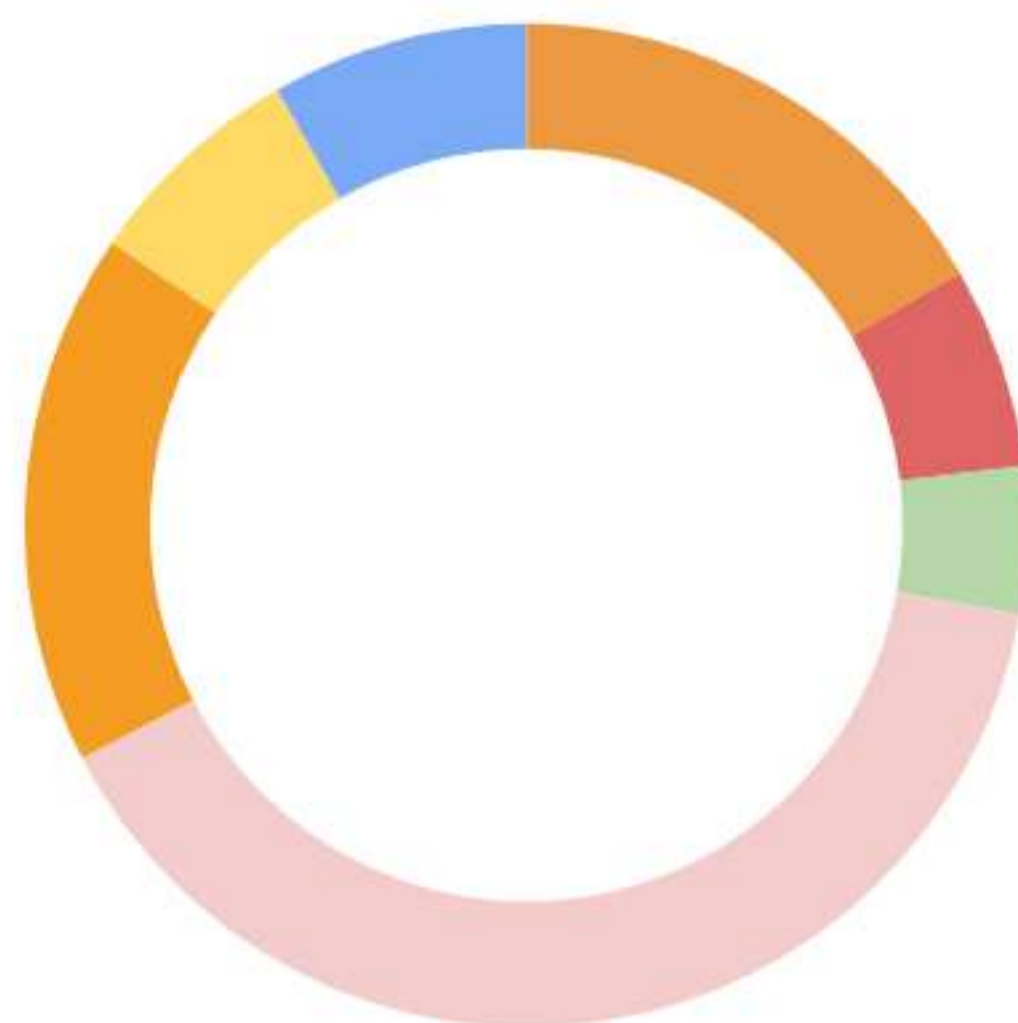


Transparency

In this section, we present a summary of our income and expenses for 2023 so that you have a detailed understanding of how our resources are used and distributed on an annual basis.

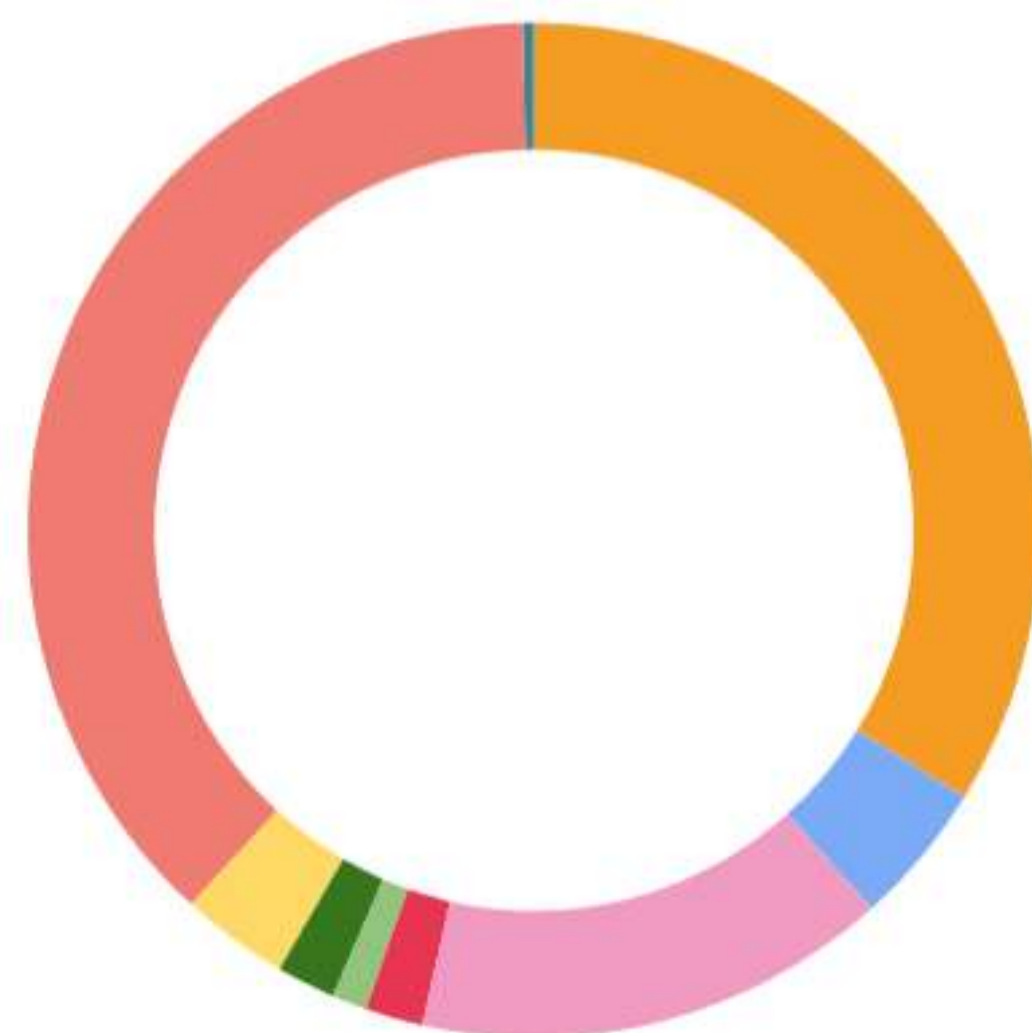
2023 INCOMES Total \$90.576.537 CLP

- Partners **39%**
- Grant Funding **17%**
- Fundraising campaigns **17%**
- The Maisha Market (Chile) **8%**
- Individual donations **7%**
- Maisha Boutique (Kenia) **7%**
- Corporate donations **5%**



2023 EXPENSES Total \$74.305.318 CLP

- Coordination in Kenya **38%**
- Administration **34%**
- Housing Program **15%**
- The Maisha Market **5%**
- Maisha Boutique (Kenia) **3%**
- Sustainability Program **2%**
- Health Program **2%**
- Sexual Education Program **1%**
- Volunteer Management **0,4%**



How do our beneficiaries receive your contributions?

Your monetary contribution translates into the following:

MONTHLY SUPPORT FOR INDOOR MAISHA MOTHER **\$CLP 205.000**



Shelter and Food



Toto Care Box



Recreational Workshops and Gatherings



Psychosocial Support



Health



Training and Materials



Sexual Education

MONTHLY SUPPORT FOR OUTDOOR MAISHA MOTHER **\$CLP 58.000**



Toto Care Box



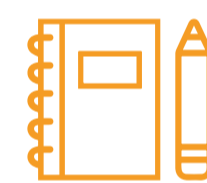
Recreational Workshops and Gatherings



Psychosocial Support



Health

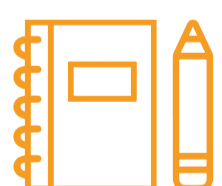


Training and Materials



Sexual Education

1 Sex Education Program Cycle for a Class of 60 Children **\$CLP 800.000**



Scholar Kit




Monitors



Extracurricular Activities

If you are interested in contributing, please visit our website www.fundacionmaisha.com/en/dona or write us an email at donaciones@fundacionmaisha.com



**We count on your support as
this new year begins!**

We will continue working to be a support
network to many more families.

**Together, let's continue
sharing the dream of
giving LIFE.**

Acknowledgments

We extend our special thanks to those who prepared this annual report: María Rosario Mozó, María Jesús Figueroa, and Felipe Amenábar for the content writing and compilation of testimonials; Florencia Torrejón and Margarita Yuraszeck for the revision, Nicole Espinosa for the translation.

We would also like to thank all the Maisha Mothers, volunteers, and team members for sharing their experiences, testimonies, and stories with us.

A special thank you to everyone who makes our work possible!



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