

Annual Project Report to NMS



Project title: VIDA PLENA PESTANO

Project number: 610 511

Year: **2019**

1 General Project Information

Project title: Vida Plena Pestano

Project No.: 610 511

Country: Brazil

Responsible partner: Movimento Encontro – Missão Zero - Comunidade Evangélica Martim Lutero

Project location/address: Av. Zeferino Costa, 4240 – Pelotas/RS

Approved project period: 2014-2019

Person responsible for the project:

The "Vida Plena" Program is coordinated by a team of volunteers. At present, the members are the following: Carlos Hasse (infrastructure and finance), Greice Hasse (infrastructure and finance), Jessica Gerard (public relations and administration), Luiza Souto (pedagogical coordination and administration) and Lissa Pachalski (pedagogical coordination and international relations).

Names: Lissa Pachalski and Luiza Souto (responsible for organizing and editing this report)

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2 Status of the Project

2.1 Input

2.1.1 Amount of financial support received from NMS:

R\$ 11.515,45

2.1.2 Have you received other forms of support from NMS during last year:

No

2.1.3 Describe partners own contribution:

All the work developed at Vida Plena is done by volunteers from the Lutheran Churches of Martim Lutero and São João. The Vida Plena Program is coordinated by a team of volunteers. This administration team is responsible for the management and application of resources, follow up and evaluation of the projects, being subject to the deliberations of the Martim Lutero church council. The volunteers work on specific projects planned together and under the supervision of the Leadership Team, according to their abilities and expectations of the participants.

2.1.4 Amount and/or kind of financial support received from other partners during the year:

we received the amount of R\$ 3.250,00 from members of the Martim Lutero and São João Churches, with the specific purpose of financing the participation of the children and teenagers in the summer camp of Acamp-Pampa.

2.2 Activities

General description

We started the year with an innovative and invigorating initiative of taking the children of the workshops to the Acamp-Pampa – a ministry of educational Christian camps linked to the Brazilian Teach Beyond. Many people, especially connected to the Martim Lutero and São João Churches made financial donations in order to make this possible.

Soon after, we had the simultaneous news of the departure of our full time missionary (without the perspective of immediate substitution) and of the interest of different people in becoming volunteers at the Program, developing projects that involved their professional area or study area. This interest originated two new projects which are happening at present: Environmental Education, performed by Biology students, and Dental Health, performed by a recently graduated dentist. Besides this, we also got a volunteer for social social media, aiding us with visibility and promotion of the program, with Instagram and Facebook.

We also had strategic contact with the administrators of the Alfredo Simon School (Colégio Sinodal Alfredo Simon) – a Lutheran institution of elementary education in Pelotas – RS, which owns the area where the activities of the Project take place. The contact had the purpose of establishing a partnership that could bring provision, strength and extension of the work developed at Vida Plena. We requested the appointment and cession of a Social Assistance professional for the program who could, in part, cover the lack of the missionary. This proposal was well received by the Principal, who signaled the possibility of hiring for the year 2020. Among other topics discussed, the Principal also talked about a previous desire to implement, progressively, an attachment of the school in the area where the Vida Plena Program works today. He manifested that this idea is close to becoming reality, due to the financial adjustment that the school has been able to perform. As we went back for a meeting in the end of 2019, these two topics were part of the agenda and have become more concrete, especially the one concerning the implementation of a school unit.

Another important contact was with the Social Assistance Reference Center (CRAS) at Pestano in the region of Três Vendas. We had a meeting the their coordinator and made ourselves available, mainly in

the sense of reaching out to the assisted by the Center at the workshops we offer at the program. The coordinator was very optimistic with the idea, signaling that the Center isn't capable of giving assistance to all, due to the high demand in the area. , especially in the educational follow up of the assisted people, once there aren't enough professionals and volunteers for this. The aim is to transform Vida Plena in a referral center for the CRAS Três Vendas I in 2020.

We also developed activities of administration of the Vida Plena Program, such as monthly meetings with the leadership team and meetings to discuss the projects developed with the volunteers. There were also legal assistance services, distribution of donations (toys, candies, food, clothing) in special need situations or for campaigns organized by local community leaders.

At the moment we are developing six projects: The Culinary Workshop; the Children's Literature Workshop; the Environmental Education Workshop; the Dental Hygiene Workshop, Soccer classes and Taekwondo, besides other activities related to the local community of faith, such as Sunday School and services.

Following, there are descriptions of the activities developed under each Project/workshop.

Culinary

The Culinary Workshop at Vida Plena aims at not only offering opportunities to learn new recipes and different dishes to the local women, but also to share daily life experiences, and to pray for each other, as well as to learn together and about their path with God. We have three permanent volunteers – Jéssica Gerard, Cecilia Mathies and Ilda Roloff – and one assistant – Eliane – who conduct the Project, and with the participation of nine attending women, ages 20 to 55, the majority without a full time or permanent job – whose income depends on the salary of their spouses, governmental social assistance income or temporary jobs. All of them have been attending since the beginning of the Project.

Since its beginning, in 2014, the Project has had the objective of reaching and enabling income for the participating women. We started exchanging recipes and learning a variety of different dishes. With this, we were able to know the group of women better and understand that their abilities are towards bread baking, cookies and cakes (cucas). From this point, it was possible to focus and intensify the work to train and improve these aspects to such an extent that it was possible to put the items for sale.

In 2019, we started the sale of products (bread, cakes and cookies). We calculate the costs with the participants with the objective of teaching them and enabling them to become more independent in the production and also in the sales of what has been produced, so that they learn how to charge for their product and obtain profit.

The workshop usually happens on Saturday afternoons. When we have product sales, we meet in the morning to bake and prepare items, we have lunch together and work in the afternoon.

This year we had the opportunity to promote fairs/markets in the Community Center and one external, which was done in partnership with Brasa Church from Fragata (a suburb in the city of Pelotas). This was the first Women's Entrepreneurship Production Market. The event enabled a very important exchange of information among the Project participants and with the other entrepreneurs of the market, which allowed them to think of bigger possibilities of work and dreams. This was the last activity of 2019 with the Project.

The amount raised with the sales is distributed equally among the participants and part of it is used to refund the purchase of the ingredients.

In 2020 we intend to continue with the project and with the sales/fairs/markets, and if possible, do more external events.

Soccer

The indoor soccer (futsal) classes belong to a project that aims at working on team values, collectivity, companionship, discipline, respect towards others, body and health care. Aligned with the Vida Plena Program, we work for the community development, understanding it as a constant change or transformation process in which the individual or the group grows in the direction of better levels of life in every aspect: physical, social and spiritual.

The project has 35 teenagers on average, with an age range of 11 and 13 (20 students) and 14 and 15 (15 students). As volunteers this year, we had: Michel Peter, Rodrigo Schwartz, Edward Scherdien, Dener Borba and Lucas Gerard.

The activities take place every Saturday morning. In 2019, we had regular training sessions at the *Ki-Golaço* gym, at Pestano. The teenagers are divided in two categories: sub 13 and sub 15.

Besides the regular training, the year of 2019 had extra activities such as home games, where we could host other teams (*Projeto Amor* and *Projeto Chama*), both developed with the volunteer support of *Brasa* Church. In a special way, we could straighten our ties with coaches and coordinators of these projects from the meetings, talk sessions and sport practice, where we dream together and exchange experiences.

The games out of our "home" happened in the field of the *Projeto Amor* school, at Fragata, and a trip to the city of Arroio do Padre where we had the opportunity to play against the Tubarão Vermelho team.

We also joined the *Copinha Simon*, organized by the physical education team of *Colégio Sinodal Alfredo Simon*, which brought together many teams in a day full of activities.

At last, as a closing activity for kids and teenagers of the Vida Plena Program, we had a joint organization with the volleyball and basketball teams of Instituto Federal de Educação, Ciência e Tecnologia Sul-rigrandense (IFSul) with a full morning of games and cooperative activities, when we also had the donation of tennis shoes.

Dental Health

The dental health project started as an initiative of the volunteer dentist Emilia Peter. The objective is to take dental health education to the children of Vida Boa de Leitura and of the Sunday School kids, once a month, teaching them control and prevention of dental illnesses, improving the life quality of the children.

The activities involved educational questions and answers about dental health and odontology, with a good interaction from the kids. Besides this educational activity, preventive procedures were done such as supervised tooth brushing. Two dental kits were donated for each kid: one to use at the site of the program and one to use at home with tooth brush and tooth paste.

In the year of 2020, we will approach more specific topics, such as the use of dental floss, the function and difference of each tooth, cariogenic diet, etc. After getting to know each child and having the first interactions, we believe it's possible to teach the basics, which means, tooth brushing..

It's also important to comment that in the second meeting, we found out that many kids share tooth brushes with their siblings and many times the tooth paste finishes. Because of this, we donated more tooth brushes and tooth paste to some kids to be able to practice at home.

Environmental Education

During the year of 2019, the project had its activities on Saturday mornings, sharing its shift with “Vida Boa de Leitura”, or with Sunday School. We had four Saturdays in which the project happened in the second semester of the year.

On each Saturday of the project, there was a different theme to be approached with the children, involving theoretical and practical activities.

O primeiro sábado teve como tema Vitaminas, onde foram explorados o que e quais são as vitaminas e em quais alimentos elas estão presentes.

The kids produced a chart representing their learning and at the end we had a fruit salad with the children.

On the second Saturday, the theme was biodiversity, in which we explained why it is important to maintain the diversity of nature in plants and animals, using a short workshop with sandwiches to demonstrate the importance of the different elements in a group.

The third Saturday had insects as its theme, and a small pot with caterpillars was taken so that the children could observe the eating habits and their morphology in a safe environment. We also explained their importance and the dangers of some species.

The fourth Saturday presented the theme of recycling, during which we made decorative vases with plastic bottles and paint with the kids, explaining the importance of reusing the materials that would end up in the garbage. The vases were used to plant lettuce for the children to take home, teaching them how to care for them.

For 2020, we hope to have more involvement with the children, improving the number of days at the community center and possibly transferring the project shift to another time or schedule so that we can have more time with the children, perhaps on Saturday afternoons.

The project aims at reaching relevant themes for the individuals and the local community, having the participants to adhere to the healthy and environmentally sustainable practices in order to improve life quality in the neighborhood. Themes such as the importance and good practices with water, trash recycling, and other diverse topics of hygiene will still be approached.

This project is carried out by the volunteers Nicolas Weissheimer, Sara Keske and Vanessa Peter, all with their studies related to the area of Biology and Environmental issues.

Children’s Literature (*Vida Boa da Leitura*)

The project *Vida Boa da Leitura* kept successful with its activities geared towards literary literacy with children. At the moment, this project has two people in charge: Lissa Pachalski and Luiza Souto. The activities take place on Saturday mornings, twice a month. We presented and developed work on more than 15 recognized quality literary works and initiated a project linking it to the reading club “[A Taba](#)”, with membership financed by an ex volunteer and cofounder of the workshop, Isabel Coimbra. The project also purchased an important set of books, financed by NMS, enabling the inauguration of the future library.

The basic structure of the workshops follows the same pattern (Reading of a literature book in a collective circle, done by the volunteers or by one of the proficient children, more advanced in Reading), although there are always transversal activities with the children, that connect to the book reading (such as culinary recipes, outdoor play, text writing, etc).

In 2020, the more objective and innovative intention is to catalogue the books and enable the library inauguration, as well as continuing to upgrade the children's literature book collection and the literary reading workshops. We will also continue to do activities connected and guided by the reading club "A Taba".

Taekwondo

The Taekwondo workshop maintained its training sessions twice a week (Tuesdays and Thursdays in the afternoons), incorporating new participants and promoting the graduation (change of bands) of children and teenagers that already participated before. On average, the workshop has 15 participants. Progressively, the more experienced are beginning to help Gerry Borges, the master, responsible for the workshop.

It's possible to notice that the experience acquired on the taekwondo workshops brings changes in the participants, especially in matters related to discipline and organization itself. Many parents have noticed this and commented on the repercussion the workshop has had and on the positive results in the domestic and academic activities. It is also visible to notice the change in posture of the participants regarding the training, becoming more and more responsible in the development of the proposed tasks.

"Sunday" School

The objective of the Sunday School is to teach the word of God, talk about His love for us, present stories of God's people and about the life of Jesus. For this, we use different resources (plays, films, activities, theater, storytelling) to work with the children. The group of volunteers is composed of: Daniele Jeske, Júlia Schweickardt, Kevin Rehbein, Lisandro Völz, Leticia Venzke, Rodrigo Leite and Stéfanie Völz.

During the year of 2019, many themes were approached: forgiveness, salvation, creation, the life of Jesus, prayer, parables and Samson's story.

Every Saturday there was a bible verse in which the activities and stories were based on. On average, the Sunday School had twelve children participating. We hope that in 2020, we can continue to present more stories about God's kingdom to the kids and that at each meeting we can talk more about the love of Christ for them that teach so much to us with each hug.

Adult worship service

The organization of the services was a big challenge in 2019, considering the departure of our missionary, Thiago. Other people had to take over this task. The services were done and shared by three volunteers of the Vida Plena, one of them being a pastor of Martim Lutero Church. Even with this format, with different people preaching, the members continued to participate, which is a reason to rejoice. On average, there were 15 people in the services.

The challenge and the difficulty at the moment is to be able to broaden the activities related to the follow up of the participating families of the community. With the services being held by three volunteers, other activities, like bible studies, guidance and visitation in the home are not being developed, because of the lack of time of the volunteers, as well as the lack of someone who can take over this task, which demands full time dedication.

The plan for 2020 is to keep on sharing the activities among the volunteers and if possible, get more people to collaborate with this task.

2.3 outputs and purpose

What are the results?

The financial resources used to carry out the 2019's projects were allocated for the following purposes:

- purchase of materials and books for the Vida Boa da Leitura Workshop;
- transportation, court rental and sports supplies for the Soccer Team;
- training uniform for Taekwondo Team;
- food products for the Culinary Workshop;
- transportation of children to Acamp-Pampa's summer camps;
- materials for the Dental Health Workshop (brushing kits);
- food for the training and meetings between the volunteers and participants of the Program;
- office supplies and infrastructure maintenance of the Community Center.

2.4 Project goal assessment

Evaluating a project is always a challenge, because the paths are modified as new demands emerge throughout the process. One element, for example, that was not foreseen in our plans was the departure of the missionary in charge of the Program, without the replacement of someone else to coordinate Vida Plena full time and on a paid basis. This made us rethink our goal as a Program and how we would go forward from then on. All in all, it was an important moment for us, as a management team, to adjust our vision and return to the overall objectives of the Program as a whole, opting for what we could give up and what we couldn't set aside. Thus, we understand that maintaining and boosting the projects / workshops and their volunteers, as well as ensuring the continuation of participants was the priority of the moment.

In this sense, as a Program that integrates several projects from different areas, seeking the integral development of the Human Being, especially the one in conditions of social vulnerability, we believe to be in the "right track". We still have a long way to go, and especially to expand. There are several people in the neighborhood who do not know the Program yet; we also know that there are more people interested in volunteering by offering workshops but aren't yet working with us. This is often due to the absence of a person who visits the neighborhood more continuously during the week, meeting the demands of families in person, devoting more time to weekly work on the Program (it is noteworthy that this was a constant investment by missionary Thiago, but was eventually weakened by his departure).

On the other hand, by choosing priority in the workshop's development, the intensity of work involving the faith community has fallen into the background. Investment in activities other than the Sunday Services has been reduced, mainly due to the lack of time of volunteers already active in the Program and the absence of more people who could take on other activities, such as Bible studies and counseling. In this context, we believe that the investment in this plan can only advance if a missionary is hired again. In the meantime, we will continue with the Sunday Services.

Considering all this, we understand that the project still has a lot of potential to be developed, and that this human restoration work is just beginning in Vida Plena. We have a long way to go and we are happy for it!

2.5 Changes

Answer on item 2.4.

2.6 Unexpected results

Due to good planning there were not unexpected results.

Answer on item 2.4.

3 Crosscutting issues

According to the NMS strategic plan, all projects supported by NMS are expected to mainstream the following issues in the project work. Please answer the following questions on how the project is working with these issues.

3.1 Gender equality and women empowerment

3.1.1 Target Group

We have only one workshop that is intended for a specific genre, the Soccer Team (for boys) – although if a girl wishes to participate with the boys there will be no impediment. The other projects bring together mixed groups of children and adolescents, promoting equal interaction between genders. Although the Culinary Workshop is also open to men, participation at the moment is exclusively for women. As reported in section 2.2, the Culinary Workshop has been the main space in Vida Plena for women's empowerment and emancipation. The year of 2019 was promising in this regard, especially as it took the first steps towards the incoming generation and the women's professional independence.

3.1.2 Decision Makes Bodies

The Vida Plena Program management team, which makes the operational decisions for the activities, is made up of four women and one man, forming a small shared leadership group. Even though they are mostly female, we believe that the decisions made are representative of both genders. In addition, we made decisions together with Martim Lutero Community presbytery and Vida Plena's volunteers, both of which are representative in both genders.

3.2 Conflict sensitivity

3.2.1 The Project's Impact on Conflicts

There are family contexts with drug addiction problems, domestic violence, relationship conflicts etc., in which we are in frequent contact through the relationships we develop with the workshop's participants. In such cases we offer personal advice, assistance and guidance in the protection of victims' civil rights. An example of this is the help we have provided to the mother of 4 children that participates at Vida Boa da Leitura Workshop, who had her children taken to a shelter because she was detained by the police. Soon after leaving prison, she needed to build a bathroom in her house so that the children could return to live with her, as determined by the court. The Program has teamed up with donors from the Martim Lutero Community to build this toilet, as well as being in constant contact with the family (mother and children) and the Guardian Council / shelter to find out about the situation and to be able to assist as needed.

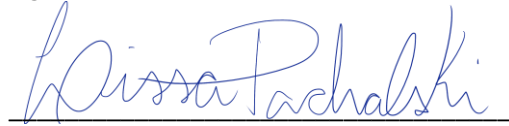
3.2.2 Conflict's Impact on the Project

We have not observed significant impacts in this regard.

3.3 Environment sustainability and climate change

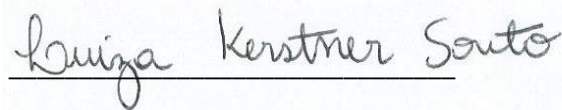
These issues are developed across existing projects. At the end of 2019, we began a specific project that addresses environmental issues (Environmental Education Workshop - see section 2.2).

Signature:



Lissa Pachalski

Pedagogical Coordination and International Relations



Luiza Kerstner Souto

Pedagogical Coordination and Administration

Pelotas, January 15th 2020.

4 Annual Plans for current year

→ For the year 2020 we are planning to maintain the regularity of the projects, continuing the existing ones and creating new work fronts, especially in the artistic field (music, dance, visual arts) and public health.

→ We plan to continue to develop networking and integration with other similar projects within and outside the church context, with a view to strengthening such work at the institutional level. Strengthen relationships with local leaders and institutions (churches, schools, social assistance network...) that works in the same direction of Vida Plena: aiming the community development in neighborhoods. In this sense, we want to strengthen and expand the partnership with CRAS Três Vendas I, making Vida Plena a center for CRAS assisted referral.

→ Expansion of workshops and volunteers:

- music workshop for audiences 12-15 years old, involving 1 Music Volunteer (possibly a Simon teacher);
- general health workshop for adolescents aged 13-18, involving 2 medical volunteers, focusing on sexuality and prevention.

→ Inauguration of the children's library: the Vida Boa da Leitura Workshop has acquired, throughout its 3 years of activities, children's literature books, in order to make it possible to lend it to children. In 2020, the book's cataloging will be finalized for we can open the space and begin the book loans.

→ Promote income generation for women in the Culinary Workshop by offering the Vida Plena space and the equipment used in the workshops (oven, scale, home appliances) for participants to make products during the week for individual sale. In 2019, all productions and sales of the made products were sold collectively at Vida Plena external fairs and events.

→ With the departure of missionary Thiago, in early 2019, Vida Plena ended up without a person with exclusive work at the site. This meant that during the week the Community Center did not have a reference person for the neighborhood and to guide the work done there. As a strategy, the management team was sharing tasks and responsibilities, as well as seeking partners to assist in the work. This is still a challenge to deal with, as there is an indispensable aspect involved in the referral professional for the neighborhood, not only to make possible the organization and expansion of work fronts, but the importance that this person has for the families that are there, assisting in aspects that are beyond the reach of projects and volunteers who participate in Vida Plena.

→ Organization and maintenance of the physical space and materials necessary for the activities carried out in Vida Plena. We have an excellent space for activities, both in terms of infrastructure and size (internal and external areas). We have been able to maintain space and basic materials thanks to the robust financial support received from NMS. Our challenge in this sense is prospective: with the possibility that we will no longer be able to count on this support from 2020, we have already begun the search for new partnerships that will guarantee the structural maintenance of the Program.

→ Partnership with the Alfredo Simon Synodal School, especially in the sense of expanding socio-educational activities:

- the School obtained funds for the expansion of the Community Garden with IECLB, guaranteeing the organic product seal, enabling the sale of garden products at fairs;

- there is a clear goal of the School's direction to open a Kindergarten class on the premises of the Community Center in early 2021. Children assisted by this initiative will have fellowship status and should be residents of the Pestano neighborhood. The managing team of the Full Life Program, as immediate and direct partner of this project, is already responsible for conducting information gathering with the local community in order to elaborate a social, economic and educational characterization of the neighborhood, so that the opening of the class meet the needs of the families served. It will not be a substitution of the activities already developed by the Program, but a strengthening and expansion of them.

5 Pictures

"Sunday" School



Culinary Workshop





Vida Boa da Leitura (Children's Reading Workshop)





Taekwondo Team





Soccer Team



Environmental Education Workshop



Management Team



From left to right, front to back: Lissa Pachalski, Luiza Souto, Greice Hasse, Jéssica Gerard, Volnei Filho (school principal of Colégio Simon), Carlos Hasse, Thiago Mattos (missionary of Vida Plena until April 2019)

Sundayservice



Acamp-Pampa (summer camps)







Meetings of volunteers and workshop participants





Thrift Stores

