



HELP BOLIVIA 2020 ANNUAL REPORT



ABSTRACT

Reporting on 2020 activities supporting children and their families in an impoverished area of Bolivia to improve their health and well-being and to change the cycle of poverty over the long term. Also includes details on fund raising events and social media activities.

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A Note from the President

Like many organizations, the year 2020 did not go as planned for Help Bolivia Foundation. It required a number of changes both in delivery of services to families in Bolivia as well as to fund raising plans in Canada. The number of donors and overall donations continued to increase in 2020 for which we are very thankful. This may have been at least partially due to the pandemic and donors in Canada, US and the UK having time to reflect during pandemic lockdowns and in many regards realizing how far worse the pandemic was in other parts of the world. The growth in donations and donors helped drive towards our goal of establishing enduring support to the community centre in Tahuantinsuyo, El Alto and the indigenous children and their families.



Members of the board of Help Bolivia had a chance to visit the project in the community of Tahuantinsuyo, El Alto just before lockdowns commenced around the world. The visit included multiple days spent at the project with the children, visits to two family homes in the community as well as an overnight trip to Copacabana with the families by bus. It was a wonderful way to get to know the families and children better.

The families and children we support are primarily indigenous Aymara people who have relocated from rural areas, face barriers to education, nutrition, and violence free lives; Help Bolivia provides instruction, nutritious food and counseling through our program in Tahuantinsuyo, a community in District 5 of El Alto. Access to school is limited, impeding literacy, numeracy and school completion. This indigenous population struggles with identity, language and discrimination when seeking access to services or employment. Poverty and malnutrition are pervasive, as is violence in the home. These factors lead to low self-esteem, aggression and employment in sporadic, menial jobs.



Help Bolivia is focusing on creating positive change by delivering education, counseling, and nutrition in this community.

In mid-March, just as board members returned to Canada, both Bolivia and Canada went into restrictions and lockdown. Schools and the community centre where Help Bolivia operates were closed. Many of the families supported by Help Bolivia were unable to work due to lockdowns. The health care system in La Paz and El Alto was overwhelmed with COVID-19 cases. Many were turned away from hospitals. By July, major cities in Bolivia had bodies on the street and in vehicles that needed to be recovered by police forces as they died while in search of medical attention.



The community centre operated by Help Bolivia was able to partially re-open in May of 2020. Help Bolivia authorised the team in Tahuantinsuyo to distribute food bundles to families to make sure children and families had food to prepare, if they were unable to work. Help Bolivia continued to offer food staples to those families most in need from May through to the end of the year as the pandemic continued to have an impact on families being able to work during the lockdown.



As urban schools remained closed and the 2020 school year canceled, Help Bolivia assisted children in the community by providing tablets with internet access to allow them to access the educational support provided by the educators at the Tahuantinsuyo Community Centre, keeping them connected and engaged.

Our educators also visited children at home, who did not have access to a tablet or smartphone. This support through the crisis has helped prevent the children from falling behind, or worse, from dropping out.



Bolivia – The Challenge

Education

The Bolivian education system struggles to meet the needs of a predominately young population due to the substandard quality and underfunding that would allow local actors to make improvements. A lack of infrastructure and educational resources have led to a half-day system that allows for a single building to service double the population. This acts to reduce the quality of education and rates of achievement for at-risk youth. Although most children attend primary school, the majority of these children do not continue to secondary school and, many of those who do, drop-out before graduation. Barriers to completing education include pregnancy, domestic work, joining the labor market, and a lack of economic resources. The average age at which a child leaves school is 14 years old.

Percentage of male/female population by indigenous status

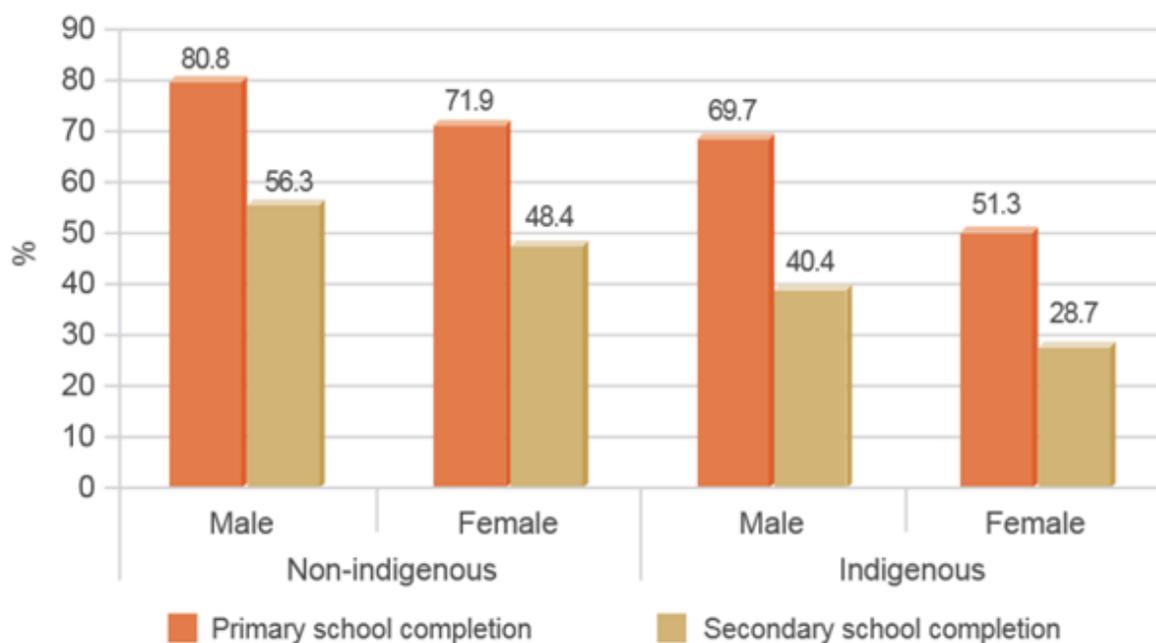


Figure 1 - Completion rates in urban Bolivia

Indigenous Identity

Bolivia's cultural identity is strongly shaped by the 88% of the population who identify as indigenous, with most identifying as Mestizo (analogous to Métis), Quechua, and Aymara. Despite the enduring effects of colonization, these groups remain resilient amid the obstacles they continue to encounter. The largest obstacles are the loss of identity, language, and cultural traditions. As well, discrimination continues to deter their economic and social advancement. As a result, indigenous people are disproportionately affected across all dimensions of inequality.

Percentage of women who have felt discriminated against on the basis of:

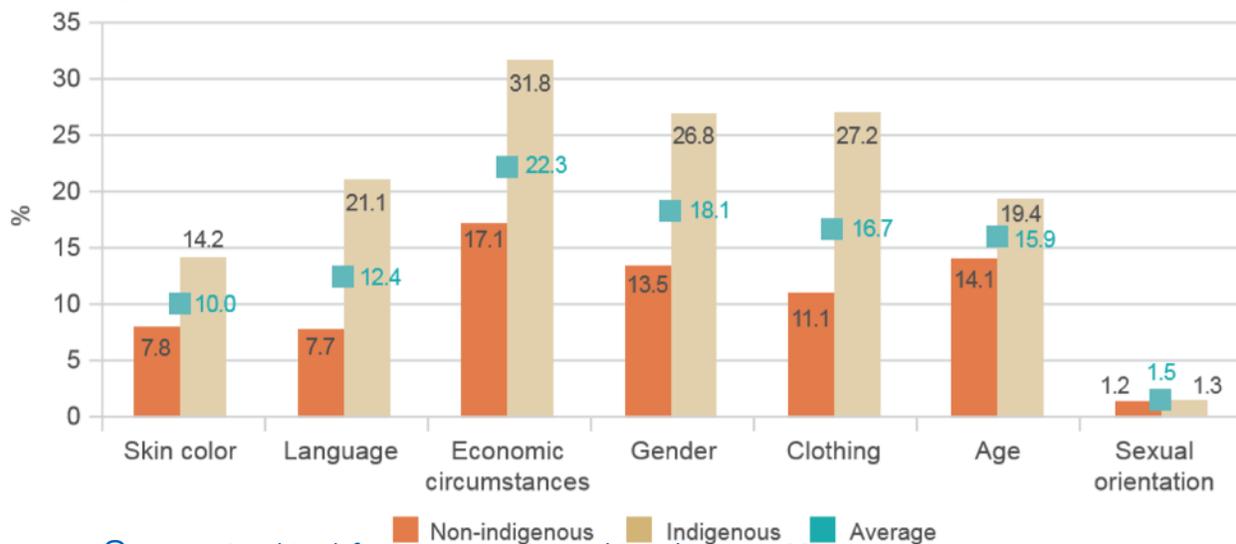


Figure 2 - Discrimination



While all indigenous groups experience similar challenges, not all groups do so to the same extent. According to the International Bank for Reconstruction and Development (2015):

There are significant differences in the size of the gender education gap across different indigenous groups and age cohorts. The 2012 Census shows that the **Aymara population has the largest gender gap in literacy, primary school completion, and secondary school completion** (p.8).

Extreme Poverty and Malnutrition

Despite Bolivia being one of the world's leading producers of highly nutritious quinoa and soybeans, the average Bolivian family cannot afford access to adequate nutrition. This is reflected in a multitude of domains: 16% of Bolivian children show stunted growth from malnutrition, possess the highest rates of infant and maternal mortality in South America, and only rank 165th in life expectancy compared to other nations. The underlying cause is extreme poverty, with nearly 40% of Bolivians earning below the extreme poverty line of \$2/day.



Violence Against Women and Children

Violence is a pervasive threat to women and children in Bolivia. Almost 60% of women and girls will experience physical or sexual violence in their lifetime and 19.4% of children will undergo child marriage. The high rate of violence against women is sustained, in part, due to the beliefs and values that constitute the *machismo* culture. The *machismo* culture disempowers women's control over their lives and reduces their value, in their home and community, making them dependent on men and subject to violence. With most of this violence occurring within the home, domestic violence and femicide are key issues for Bolivian women and children.

Rural Migration to the sprawling city of El Alto

The City of El Alto, the second-largest city in Bolivia, is Bolivia's fastest growing city, with migrants moving in from the countryside for better economic opportunities. Situated adjacent to La Paz, El Alto is the highest city in the world, and hosts the highest international airport at 4,100 meters above sea level.

Founded in 1903 by the railway, with a population of 11,000 by the 1950s, El Alto reached City status in 1987. The majority (76%) of the citizens are Aymara, and it is expected that the population will be at or above 1 million at the next census, well over the population of La Paz.

Help Bolivia Foundation is currently working in the Tahuantinsuyo Community Centre, located in the Tahuantinsuyo neighbourhood within District 5. In this gritty and impoverished neighbourhood, children are at risk of gangs and abuse. Our programs support families who migrated to the city to give their children a better life; most are illiterate, having received little education themselves.

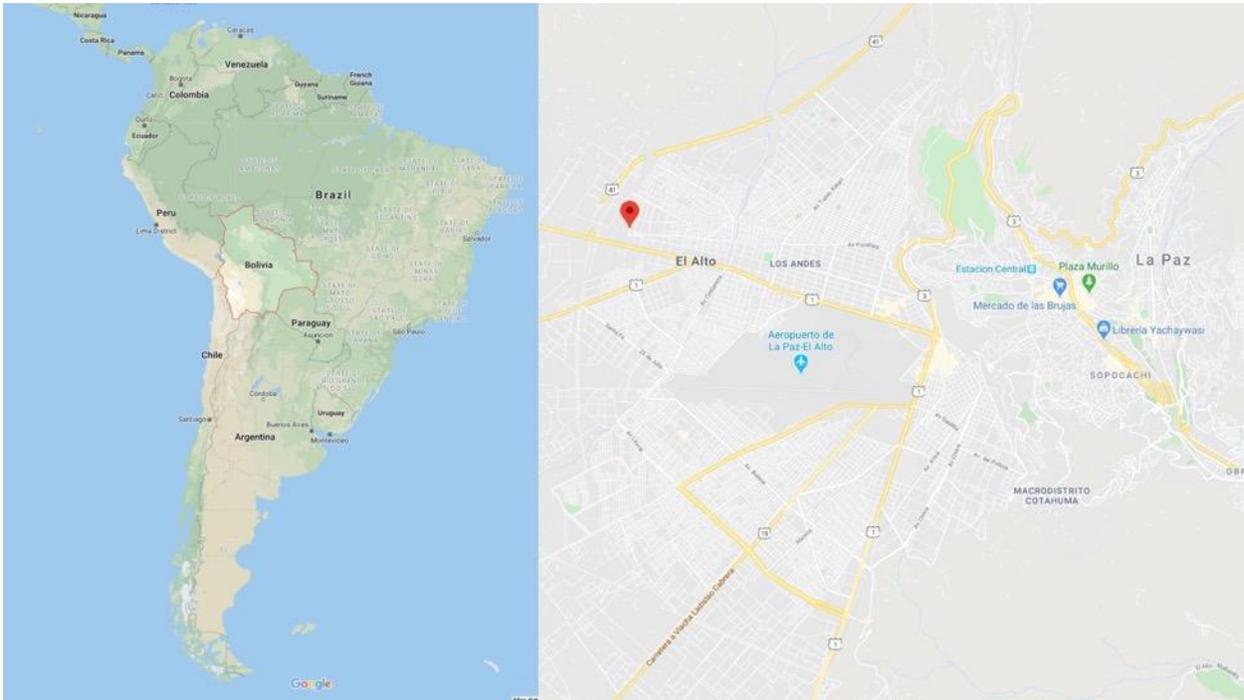


Figure 3 - Bolivia and Community Centre Location

Our families live in small one or two room homes, in gated compounds, paying rent equivalent to \$45-\$75 CAD per month. Many are single parents due to death, abandonment, or separation resulting from violence within the family. Most parents have a basic level of education (primary school and possibly some secondary/high school).

Employment for families includes; driving, part-time retail, ad-hoc construction and home workers. Some parents will also sell produce and goods on the street or in a community market. Teenagers are often called upon to help with care of younger siblings or to supplement income by doing jobs outside the home.

Due to the work activities and their basic level of education, parents are unable to support their children with school work. This leads to children developing poor study habits and learning difficulties in basic arithmetic, literacy, spelling, language as well as behavioral issues (rebelliousness, aggression, low self-esteem).

Solution

Help Bolivia Foundation's Objective is to relieve poverty in Bolivia by providing programs that deliver education, counseling and nutrition to underprivileged children as well as skills training to underprivileged women and youth. Help Bolivia is currently targeting change in the community of Tahuantinsuyo, El Alto. Our programs are run through the Tahuantinsuyo Community Centre.

The Tahuantinsuyo Community Centre supports vulnerable Aymara and Quechua families living in extreme poverty by offering nutritional and educational programming and psychological support. We also conduct training sessions on the prevention of sexual and gender-based violence (SGBV) and domestic violence among our beneficiaries. We offer support to victims of SGBV through counseling sessions.

The Tahuantinsuyo Community Centre is in a rough part of El Alto, the rapidly growing city on the outskirts of La Paz. The families referred to the Tahuantinsuyo Community Centre have additional stress in their lives: they may have malnourished children, children with learning disabilities, or they may be victims of abandonment or abuse. Many come from single parent households, or are living with domestic violence. Community leaders and the local school identify which families will benefit most from the Centre.

Nutrition Program



The Issue: Malnutrition and hunger are factors in how well a child succeeds in school. Many children in Bolivia suffer from malnutrition and hunger, and have difficulties learning because of this. Families that are poor are not able to provide the proper nutrition growing children need.

Solution: To combat hunger and malnutrition, Help Bolivia initiated a nutrition program at the Tahuantinsuyo Community Centre. We hired a cook, renovated the kitchen, brought in tables and benches, worked with nutritionists in Bolivia to develop a menu, and stocked the kitchen with cooking and eating utensils. Children receive nutritious snacks in the morning and afternoon, and at lunch time they receive a nutritious hot soup starter and a nutritious main plate.



Education Program

The Issue: Children in Bolivia attend school only half-a-day. Often, parents are unable to help children with homework, as in many cases they have little education themselves. There are few if any resources for children who have learning disabilities. Children living in situations of high stress (extreme poverty, abuse, abandonment) require support to learn coping mechanisms, and how to protect themselves.

Solution: Help Bolivia is addressing the need for educational support by running a program to address the needs of children with learning disabilities, with on-site educators to provide supplemental educational support to children who will not have support at home. Help Bolivia pays the salaries of the educators, purchases educational supplies and equipment, and receives regular reports from the team in Bolivia. The education support program includes support to foster academic growth, with learning objectives specific to the chronological age of the child and related to the school grade; Academic intervention for children with learning difficulties; Support to develop social, psychological and emotional well-being through counseling and personal development activities; and an outreach component to educate children on their rights, to help prevent them from becoming victims of violence and/or sexual assault - this is conducted through workshops and presentations at both the community centre and the schools.



Psychological Support

The Issue: Children are referred to the Tahuantinsuyo Community Centre when they are in situations of child abuse, sexual abuse, parental domestic violence, and/or abandonment. These children need psychological counselling services to help cope with these traumas.

Solution: Help Bolivia is addressing this problem by providing regular psychological counseling sessions.

Skills Training Programs

The Issue: Many migrants who have moved to El Alto from the countryside do not have the education or skills to gain steady employment, which keeps the families in a cycle of migration, separation and poverty. Women and youth are particularly lacking in education and employable skills, and need training programs to teach them skills to improve their employment opportunities, and help raise them out of poverty.



Solution: Help Bolivia will address the need for skills training by offering workshops and training programs. During the 2020 reporting period and visit to the project, a needs assessment was conducted with a draft proposal for a sewing program that included workshops and training programs to teach skills in entrepreneurship, sewing and knitting.

Our programs are designed with the following key objectives:

1. Reduce the incidence of malnutrition with the children of the community.

2. Have children stay in school longer. Supporting children with nutritional and educational support helps ensure they are better educated with some children going on to post-secondary schools for vocational training and degree programs. All of these scenarios will lead to improved opportunities to better paying jobs.
3. Reduce the number of drop outs. Currently in the community, many children leave school to help support their family by working as day labourers or selling items on the streets/markets.
4. Increase the average income in the community by proving educational support to children and vocational training to parents so they can obtain higher paying jobs or create valued items themselves and acquiring needed skills in the community.
5. Reduce the incidence of violence in the home, both spousal abuse and violence against children. By educating children on respecting others as well as providing support to mothers on the availability of services and support mechanisms, we can reduce violence in the community.

In 2020:

1. The nutrition program and educational support benefited 601 Bolivians; 60 children (ages 3-18) enrolled in the program were direct beneficiaries, and 540 children and adults in the community were indirect beneficiaries.
2. The educational support program benefited 60 children ages 3-18 enrolled in the program.
3. 34 impoverished families benefit by having Help Bolivia provide nutrition to their children in the program, which relieves their family budget.



There are 6 children between 3 and 18 who are on the waiting list for our programs.

Fund Raising and Sustainability

Help Bolivia Foundation has a broad and growing donor base with monthly and one-time donations. We have engaged fund-raising platforms including CanadaHelps, Benevity and GlobalGiving to help connect with donors. We continue to have fund-raising activities including galas, online auctions and special events to raise the awareness of the plight of the indigenous children and families in the poorest country in South America. In 2021, Help Bolivia Foundation will pursue corporate investment and government grants, as we believe that diverse funding streams will foster sustainability.

2020 Objectives and Outcomes

For the 2020 reporting period we identified the following objectives.

1. Expand the lunch program established in 2018.

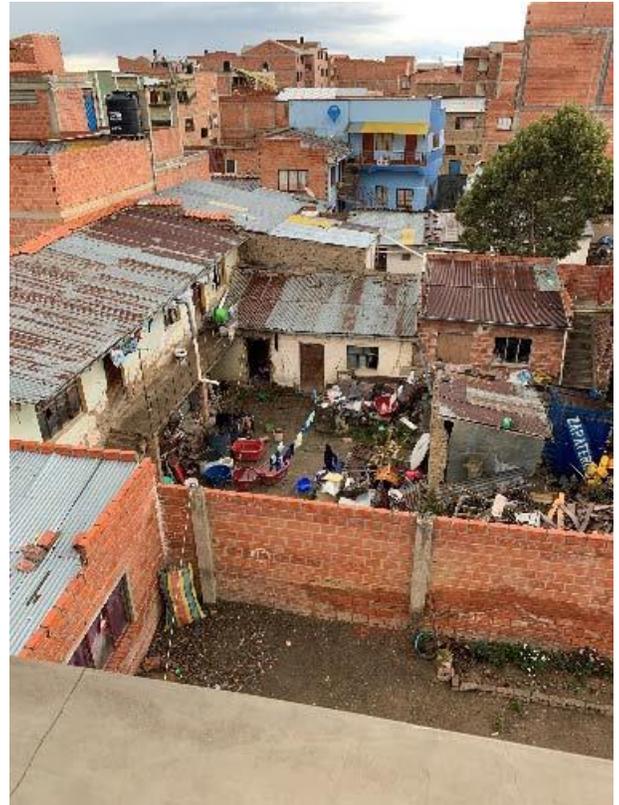
OUTCOME: The program expanded to provide nutritious meals to over 60 children, often surging to 70 children when hungry siblings, not in school, also visited the community centre.

2. Director visit to project in El Alto, Bolivia.

OUTCOME: Two Directors accompanied by five donors visited the community centre project in Tahuantinsuyo in February/March. We visited local families in their homes and conducted video and photo interviews with parents and the educators at the community centre. This gave us a better understanding of the challenges and helped us to communicate with our donor base.

3. Expand awareness of challenges in Bolivia and what Help Bolivia is doing to help.

Throughout the year we continued updates to website <https://helpbolivia.org>, Instagram, Twitter, LinkedIn and Facebook to help ensure donors were kept up to date on activities and what is happening in Bolivia. Through social media we continue to gain new supporters and donors.



Community of Tahuantinsuyo where Help Bolivia Operates

Non-financial Highlights and Achievements

- Since July 2018 a nutrition program has directly benefited 50-60 children per year with snacks and a hot lunch served 5 days a week. As a result, among mal- or under-nourished children ages 1-6, there has been an improvement over 5-6 months, demonstrated by higher energy levels, the children are active for longer periods of time, and they have a greater intellectual capacity and increased vocal expression. We also see an increase in the numbers of children and parents who have become knowledgeable about the nutritional value of food, and the importance of practicing good hygiene and cleanliness.
- In 2020, 60 children from 34 families living in extreme poverty benefited from this nutrition program, which also relieved their family budget of approximately 200 bolivianos a month (approximately \$39 CAD).
- 20 tablets were purchased and distributed to families, allowing the children to connect virtually with our educators and psychologist
- In January 2020 Help Bolivia became a member of COCAB, the Cooperative of Canadian NGOs working in Bolivia.
- We employed 6 Bolivians – 4 full time, and 3 part time.
- We grew to a donor base of over 240 individuals all over the world, including 59 monthly donors.
- In February 2020 Help Bolivia held its second AGM.
- In March 2020, *Help Bolivia Foundation* met with *Helping Hands Bolivia* to begin collaboration discussions for assistance from *Helping Hands Bolivia* for the graduating students attending the Tahuantinsuyo Community Centre. This Bolivia based non-profit provides support for students to attend post-secondary education.
- In 2020 our volunteer base grew from 8 to almost 30, with 21 joining the ranks from several countries.
- In 2020 the Board of Directors met virtually in January, April, June, September, and November.



- In 2020, working with our Help Bolivia volunteers, we drafted our Logic Model (below) that reflects our theory of change.

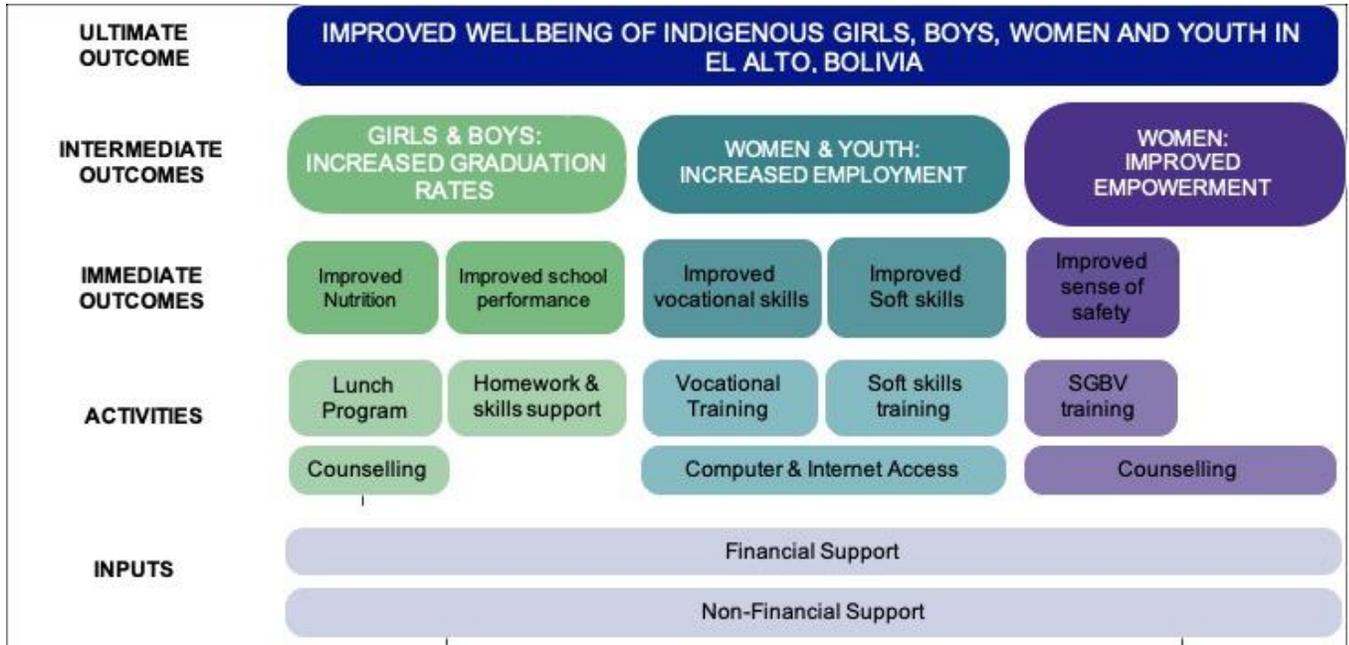


Figure 4 - Help Bolivia Foundation Logic Model

Finances

Since incorporating as a charity following a trip to Bolivia in March 2018, there has been increasing financial support from a network of donors from across Canada and around the world that want to help the children and families in Bolivia. In 2020, the Help Bolivia Lunch Buddy program continued to grow with a total of 59 individual donors donating \$1737 per month by the end of the reporting year. This program has been very successful with an increasing number of Monthly subscribers as seen in Figure 5 - Monthly Lunch Buddy Revenue.

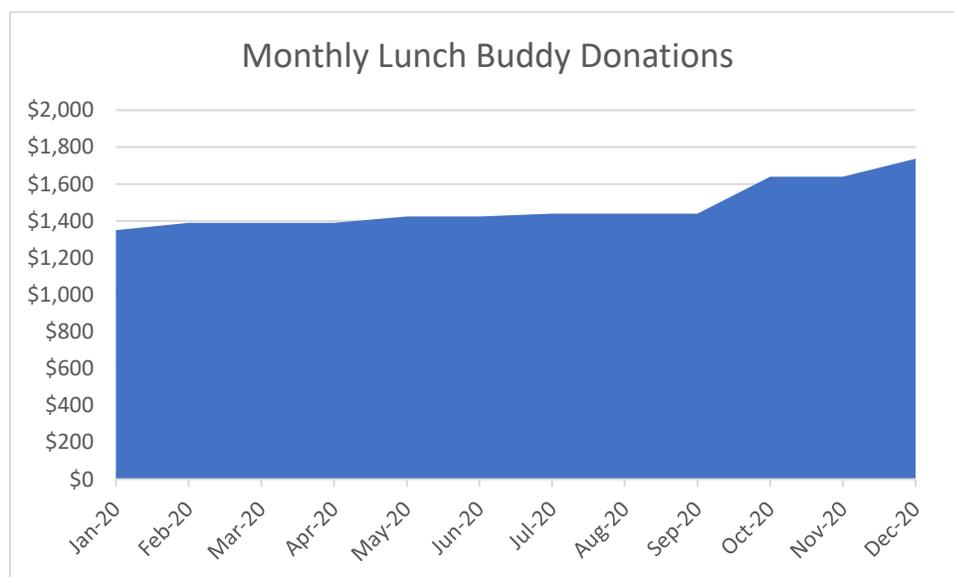


Figure 5 - Monthly Lunch Buddy Revenue

For the 2020 reporting period, Help Bolivia had an operating budget of \$50,117 CAD that supported the program funding in Bolivia of \$46,359 CAD as well as fund-raising in Canada. The operating budget for fund-raising costs in Canada were \$3,758 CAD.

Details on the breakdown of the budget and operating costs are available upon request.

A 2020 financial report was prepared by the Help Bolivia Treasurer who is a CA/CPA. The financial report was reviewed and audited independently by Help Bolivia board members. Details on the 2020 financial report is available upon request.

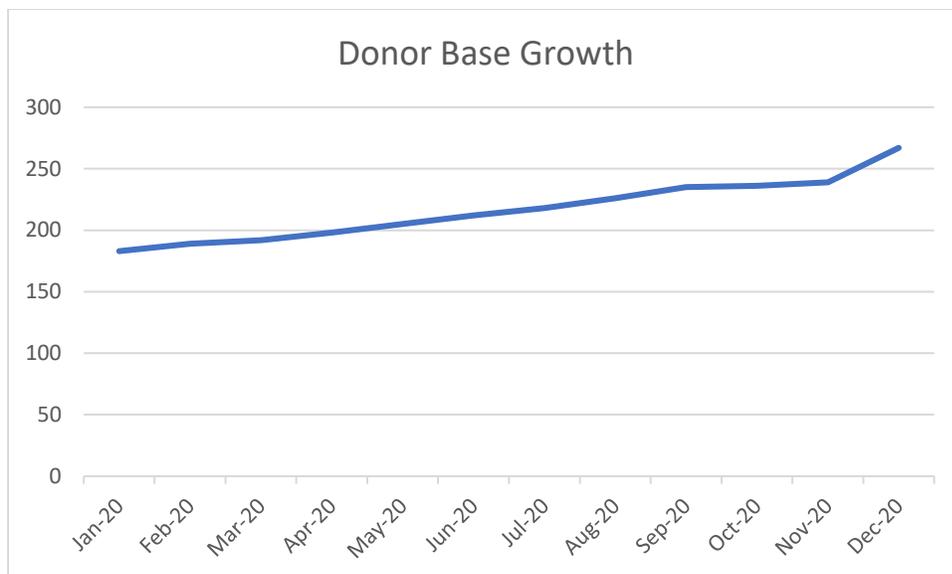


Figure 6 Growth in Individual Donors for the 2020 Reporting Period

Expanding the donor base including monthly Lunch Buddy subscribers, as well as one-time donors, was a priority for the 2020 reporting period. For the 2020 reporting year, the individual donor base grew from 183 individual donors to 267 as seen in Figure 6 Growth in Individual Donors for the 2020 Reporting Period.

Plan Going Forward

Help Bolivia Foundation will begin vocational technical training programs in 2021, commencing with a sewing training & entrepreneurship program. This will be the first program to teach employable skills to the adults and youth in the Tahuantinsuyo community. Additional technical/vocational training programs to be brought in over the next few years include hairdressing, construction, driving, and electrical installation. *Help Bolivia Foundation* will work closely with the *Sariry Foundation* in Bolivia to determine which programs are a priority for the community.

Help Bolivia Foundation plans to expand the number of children supported at the Centre to 70. There are families on the waiting list, and there is no shortage of need in the community.

In the next five years, as our donor and grant funding base grow, *Help Bolivia Foundation* plans to replicate the programs at the Tahuantinsuyo Community Centre in other areas of need in El Alto. Until the Bolivian Government is able to provide the support these migrant families need, *Help Bolivia Foundation* will be there for them.

2020 Financial Report

Help Bolivia Foundation
COMPARATIVE FINANCIAL STATEMENTS
For the year Ending December 31, 2020

BALANCE SHEET

	2020	Restated 2019
CURRENT ASSETS		
CASH		
Chequing Account	\$ 5,701.50	\$ 1,288.16
PayPal Account	\$ 188.28	\$ 133.42
Total Cash On Hand	\$ 5,889.78	\$ 1,421.58
RECEIVABLES		
GlobalGiving	\$ 3,149.25	\$ 6,952.92
Benevity	\$ 1,399.25	
Total Receivables	\$ 4,548.50	\$ 6,952.92
PREPAID TO BOLIVIA		
		\$ 1,970.39
TOTAL ASSETS	<u>\$ 10,438.28</u>	<u>\$ 10,344.89</u>
LIABILITIES		
Advances & Expenses by Board Members	\$ 25,092.09	\$ 27,764.95
NET ASSETS		
Unrestricted Funds	-\$ 14,653.81	-\$ 17,420.06
Total Liabilities and Unrestricted funds	<u>\$ 10,438.28</u>	<u>\$ 10,344.89</u>

STATEMENT OF ACTIVITIES

RECEIPTS		
Benevity	\$ 7,926.47	
Canada Helps	\$ 4,730.14	
GlobalGiving	\$ 21,086.19	\$ 6,969.92
Other non-receipted gifts	\$ 1,395.00	
Tax Receipted Receipts	\$ 32,327.81	\$ 23,566.40
Fund Raising Receipts	\$ 6,261.91	\$ 25,519.75
Grants		\$ 107.00
TOTAL RECEIPTS	<u>\$ 73,727.52</u>	<u>\$ 56,163.07</u>
EXPENDITURES		
Bank service charges	\$ 1,462.14	\$ 1,231.90
Loss on Foreign exchange		-\$ 79.42
Business Licenses and Permits	\$ 60.00	\$ 25.00
Event Expenses	\$ 450.00	
Fundraising expenses	\$ 2,967.61	\$ 15,541.48

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Administration & Office Supplies	\$ 1,782.04	\$ 1,207.98	
Program Expenditures			
Salary Foundation	\$ 52,929.32	\$ 50,634.91	
To Daniel through EPABOL	\$ 2,690.45	\$ 3,010.97	
Admin Fees	\$ 338.21	\$ 519.00	
Tablets	\$ 4,374.70		
Sewing programs	\$ 2,836.80		
Other expenditures	\$ 1,070.00	\$ 1,491.31	
Total Program Expenditures	\$ 64,239.48	\$ 55,656.19	
TOTAL EXPENDITURE	\$ 70,961.27	\$ 73,583.13	APPROVED 22 February 2021
Excess of Donations over Expenditures	\$ 2,766.25	-\$ 17,420.06	Matt Hill - President 
Beginning Unrestricted Funds	-\$ 17,420.06	\$	Henry Wiens, CPA, CGA - Treasurer
Ending Unrestricted Funds	-\$ 14,653.81	-\$ 17,420.06	

Information about Help Bolivia Foundation

Help Bolivia Foundation was founded by Matt and Lydia Hill in 2018. The foundation was incorporated in Alberta, Canada on May 22, 2018, and is governed by a volunteer Board of Directors. The Board is made up of experienced individuals with expertise in education, board governance, project management, charity law, and finance.

Help Bolivia has volunteers in Canada, the U.S., Spain, Morocco, and Colombia. Our Volunteer Team is made up of experienced individuals with expertise in International Development, Project Management, Education, Grant Applications, and Fund Development.

Help Bolivia also employs one Employee in Bolivia.

On June 4th, 2019 Help Bolivia Foundation became a registered Canadian charity, CRA #71315 5513 RR0001.

Help Bolivia Foundation Board of Directors as of Q2 2021

Matt Hill, AB	President
Lydia Hill, AB	Secretary
Bob Laws, AB	Vice President
Henry Wiens CPA/CGA, AB	Treasurer
Paul Dubeau, QC	Director
Sabrina Niesman, AB	Director
Kristy Rouleau, ON	Director

Help Bolivia Foundation's employee in Bolivia, Daniel Orgaz, works with the Bolivian non-profit *Sariry Foundation* to administer our programs at the Tahuantinsuyo Community Centre.

Help Bolivia Foundation operates under the 100% Model. 100% of donations are applied to the programs in Bolivia. All administration expenses for 2020 were again covered by Matt and Lydia Hill.

Directors visit the project annually to oversee the project, develop relationships with potential partners, attend meetings, take photos for newsletters and fundraising appeals, and a variety of other tasks associated with managing a charity. Travel expenses are paid personally by the directors traveling, and not from Foundation funds.

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Maps sourced from Google Maps

