



AMICA EDUCA

YEARLY WORK  
REPORT  
**2023**



# YEARLY WORK REPORT 2023

AMICA EDUCA 2023

---

**Publisher:**

Amica Educa, Klosterska 13, 75000 Tuzla, BiH

**For the Publisher:**

Selma Aličić

**Editor:**

Merima Salihbegović

**Photography:**

Arhiva Amica Educa

**Graphic Design:**

OFF SET d.o.o. Tuzla

**Print:**

OFF SET d.o.o. Tuzla

---

Tel: +387 35 248 910, 257-366

Tel: +387 35 257 366

Fax: Tel: +387 35 248 911

[www.amicaeduca.ba](http://www.amicaeduca.ba)

[info@amicaeduca.ba](mailto:info@amicaeduca.ba)

[facebook/insta/yt amicaeduca](https://facebook.com/amicaeduca)





1. Summary
2. PSYCHO-EDUCATIVE PROGRAM
  - 2.1. Psycho-educative workshops
  - 2.2. Project Youth As Social Changemakers
  - 2.3. Project: Empowerment of Young Women – Beginning of a Change
3. FAMILY / PSYCHOLOGICAL COUNSELING
  - 3.1. Counseling / Informational Support
  - 3.2. Psychotherapy and Counseling
  - 3.3. Psycho-educative support for children
  - 3.4. Other support activities
4. GENDER EQUALITY PROGRAM
  - 4.1. Project Breaking the Silence of Gender-based Violence
  - 4.2. Project Empowered – Active in the Labor Market
5. OTHER PROJECTS
  - 5.1. Project: Professionalization of Adult Education Centers in Europe
  - 5.2. Project: Inclusion and Diversity in Early Childhood Education
6. PUBLIC EVENTS AND CAMPAIGNS
7. COOPERATION WITH GOVERNMENTAL INSTITUTIONS, PUBLIC INSTITUTIONS, NON-GOVERNMENTAL ORGANIZATIONS
  - 7.1. Cooperation with governmental institutions
  - 7.2. Cooperation with public institutions
  - 7.3. Cooperation with international and local non-governmental institutions
8. SERVICES FOR OTHER ORGANIZATIONS
9. PROMOTION AND PUBLIC RELATIONS
10. FINANCIAL REPORT FOR 2023



# 1 SUMMARY



***In 2023 Amica Educa realized total of 1566 days of different activities and services which included 1523 persons (children, youth and adults) of whom majority came from the Tuzla City region and other towns/cities in Tuzla Canton.***

As an organizer or co-organizer Amica Educa conducted 4 public events and campaigns which additionally included 891 citizens.

Informational – educational campaign on social media and published posts (total of 122 posts) reached 574.975 persons from entire Bosnia and Herzegovina.

Amica Educa promoted its work and informed public about important topics via 71 public appearances in local, federal or state TV and radio programs as well as web portals from entire BiH.

Amica Educa personnel as subject matter experts were recognized by 11 organizations and institutions for whose employees or beneficiaries variety of services and activities were provided: Virgin Plus Company, Association

Laboratorium, Islamic Relief, Fondacija Tuzlanske Zajednice, Medical College, Philosophy College (Psychology Department) of Tuzla University, Medical High School Tuzla, Elementary School Pazar Tuzla, BiH High School Students Association Gračanica, BiH Medical Students Association (BoHeMSA) and Tuzla City Red Cross.

## BROJ OBUHVAĆENIH OSOBA I REALIZIRANIH USLUGA

januar - decembar 2023

	Broj učesnika/ca i klijenata/ca	Broj usluga i aktivnosti
Psihoedukativni program	207	89
Porodično / psihološko savjetovalište	292	779
Program rodne ravnopravnosti	699	104
Dodatne aktivnosti i usluge	325	594
<b>TOTAL</b>	<b>1.523</b>	<b>1.566</b>
Javni događaji i kampanje	891	4
Online aktivnosti	574.975	122

# 2 PSYCHO-EDUCATIVE PROGRAM

## 1. *Psycho-educative workshops for persons in the state of psycho-social need and experts in helping occupations.*

**Description / Target group:** Persons in the state of psycho-social need through participation in psycho-educative workshops improve their mental and social health, adopt knowledge and skills which serve to improve personal functioning in different contexts, easier handling of life challenges and application of healthy patterns of behavior which significantly improve life quality. Experts in helping occupations adopt and improve knowledge and skills that they use in their work with their clients and beneficiaries and prevent/reduce professional burn-out.

### **Activities:**

Psycho-educative workshops themes:

- "Family Dynamics",
- "Positive Discipline in Raising Children",
- "Communication and Empathy",
- "Strengthening Personal Relationships",
- "Personal and Business Skills",
- "Creative Support for Teachers (Dances of Universal Peace)",
- "Art Therapy",
- "Art History".

**Number of beneficiaries:** Total of 35 days of workshops included 111 persons (of whom 65 are experts in helping occupations).

**Donors:** Workshops are implemented within various different projects financed by AMICA Schweiz, Switzerland, Tuzla Canton Government, Ministry of Labor, Social Policy and Return of Tuzla Canton and City of Tuzla.



## 2. Project Youth As Social Changemakers

**Description/Target group:** Educated youth (16 to 28 years old) with their engagement and activism increase involvement of their peers from TK area in social changes, focusing on challenges related to mental health, gender equality and building of non-violent environment.

### Implemented activities:

Trainings for project participants:

- "Public Appearance and Business Communication"
- „Priprema i sprovođenje radionica i panel diskusija"
- „Mladi kao donosioci odluka"

### Project volunteers' engagements:

- Implementation of workshops for children and youth on topic of Mental health, Gender equality and Non-Violent Communication
- Organization of Youth's Mental Health: Can you hear us? Round table
- Implementation of social networks campaign on youth's mental health

### Number of beneficiaries and activities:

42 young people from the TK area attended total 18 days of training.

**Project volunteer's engagements:** round table (attended by 61 citizens and representatives of institutions and organizations);

8 workshops (included 118 children and youth) and 122 informational – educational posts on social media (reached 574.975 persons from the entire BiH).

### Donor:

cfd – feminist peace organization, Switzerland.



## 3. Project: Empowerment of Young Women – Beginning of a Change

### Description/Target group:

Unemployed young women (15 to 35 years old) from TK are receive support through education, coaching and psychotherapy aimed at personal and professional empowerment, improvement of their employability and socio-economic integration.

### Implemented activities:

- Training Basic Life Skills
- Training Employability Skills
- Individual coaching sessions
- Group coaching sessions

**Number of beneficiaries and activities:** 12 young women completed 16-day training and was additionally supported through 24 individual and group coaching sessions.

**Donor:** Fokus Frauen, Switzerland

# 3 FAMILY / PSYCHOLOGICAL COUNSELING

## 1. Counseling / Informational Support

**Description/Target group:** Providing information to citizens about psycho-social services in the Tuzla Canton and counseling support in crisis situations.

**Implemented activities:** Providing support via info telephone line, social media and direct contact.

**Number of beneficiaries and activities:** 167 citizens.

**Donor:** AMICA Schweiz, Switzerland.



## 2. Psychotherapy and Counseling

**Description/Target group:**

Providing counseling / Psychotherapeutic support to individuals (children, youth, adults), couples and families in overcoming psychological difficulties, crisis situations, difficulties in partner and family relationships with the goal of improving functioning in all areas of life and development of skills for preservation of mental health.

**Implemented activities:**

- Individual psychotherapy and counseling
- Partner psychotherapy and counseling
- Group psychotherapy and counseling

**Number of beneficiaries and sessions:**

- 396 individual counseling / psychotherapeutic sessions for 55 clients (37 F, 18 M)
- 5 partner counseling / psychotherapeutic sessions for 1 couple (1 F, 1 M)
- 47 groups counseling / psychotherapeutic sessions for 10 clients (10 F, 4 M)

**Donor:** Counseling / Psychotherapeutic sessions are implemented within various different projects financed by Tuzla Canton Government, City of Tuzla and AMICA Schweiz, Switzerland.





### 3. Psycho-educative support for children

#### Description/Target group:

Providing support for healthy psycho-social development of children pre-school and early school age through development of their psychological and social capacities.

**Implemented activities:** Interactive psycho-educative and creative workshops.

#### Number of beneficiaries and workshops:

18 children (11 F and 7 M) divided in 3 groups, 43 workshops.

**Donor:** Ministry of Labor, Social Policy and Return TK

### 4. Other support activities

**Description / Target group:** Activities of group psycho-social support for citizens in middle and older age through interactive psycho-educative and creative workshops and group sessions.

#### Implemented activities:

- Group sessions / workshops (Dances of Universal Peace)
- Group physical recreational exercises

#### Number of beneficiaries and sessions:

- For 16 adults (14 F, 2 M) total of 20 group sessions of Dances of Universal Peace were held
- For 24 adults (24 F) total of 101 group sessions of physical recreational exercises were held grupnih tjelesnih, rekreativnih vježbi

**Donor:** NDL network, Germany



# 4 GENDER EQUALITY PROGRAM

## 1. Project Breaking the Silence of Gender-based Violence

### Description / Target group:

#### Description / Target group:

School children and teachers in elementary schools adopt knowledge which serves to prevent gender-based violence (GBV) through informing and educating on social values which support equal rights and respect for all members of community regardless of their gender. Activities with school children are implemented by project staff supported by trained on the topic volunteers.

In 2023 project was implemented in Elementary School Višća and Elementary School Slavinovići.

#### Implemented activities:

- Training for volunteers Prevention of Gender-based Violence
- Training for volunteers Pedagogical and Creative Methods for Leading Workshops
- Workshop of elementary school teachers on the topic of Prevention of Gender-based Violence
- Art exhibit and competition themed Different, but Equal

#### Engagement of project volunteers:

- Workshops for children Prevention of Gender-based Violence in schools
- Organization and implementation of Sports Day

#### Number of beneficiaries and activities:

- 8 young volunteers completed 2 trainings in total of

20 days

- 35 teachers participated in 1 one day workshop, two groups of teachers, total 2 day of workshops
- 20 teachers participated in Sports Day activities
- 21 workshops were implemented for total of 564 elementary school aged children

Donor: AMICA Schweiz, Switzerland

## 2. Project Empowered – Active in the Labor Market

### Description / Target group:

Through personal and socio-economic empowerment of unemployed women, it helps solving problem of the lower rate of employment among women and reducing of the gender inequalities in the labor market.

#### Implemented activities:

- Psycho-educative workshops Personal Skills
- Training Business and Entrepreneurial Skills
- Training Digital Literacy
- Support in creating business plans

**Number of beneficiaries and activities:** 24 unemployed women participated in total 60 days or workshops and trainings.

Donor: AMICA Schweiz, Switzerland and Inclusive Movement for Bosnia and Herzegovina (IMBiH)





# 5 OTHER PROJECTS

## 1. Project: “Professionalization of Adult Education Centers in Europe”

**Description/Target group:** Amica Educa is one of the six partners on this project which includes professional and financial support for organizations in BiH aimed at the development of capacities in the area of adult education, development of adult education programs, networking with members of European Association for Adult Education (EAEA), and support to organizational development through cooperation with German adults' education schools.

### Implemented activities

- Conducted self-evaluation process of Amica Educa as an organizer of non-formal education of adults and defined steps for improvement of work in the area of adult education.
- Participation in development of Strategy and Action plan for advocacy in the field of adult education in BiH.
- Participation in the Regional Advocacy in the Field of Adult Education Academy which included participants from 6 countries (Armenia, Bosnia and Hercegovina, Georgia, Kosovo, Moldavia and Ukraine) where Proposal of Strategy and Advocacy Action Plan in the Field of Adult Education in BiH was presented.
- Development of program for non-formal adult education on the topic of Stress and Professional Burn-out.



- Organized a visit by representatives of Center for Adult Education Cham (VHS Cham), Germany to Amica Educa Association.
- Conducted a study trip for 3 Amica Educa representatives to high national schools in Germany.
- As additional part of this cooperation partnership was established in application and application for project within ERASMUS+ program. Project was accepted and implementation started in October of 2023.

## 2. Project: Inclusion and Diversity in Early Childhood Education

**Donor:** dw-international – Institute for International Cooperation of German Alliance of High National Schools, BiH office

**Description/Target group:** Two-year project started in October of 2023 and includes partnership of 7 institutions /

organizations which act in the field of early childhood education and adult education from Germany, Spain, Italy, Poland and BiH. Taking into consideration significance and needs of the professionals who work in the field of early childhood education, as well as significant social changes (migrations due to different reasons, children's traumatic experiences, changes in family systems) project aims to promote inclusion and diversity in early childhood education institutions and education of professionals for future work with children.



Project plans to improve knowledge and skills of professionals so they can adequately respond to social changes and challenges by providing quality support to children and families.

**Implemented activities:**

First three months of the project encompassed activities related to establishment of project management process and defining partner roles.

Amica Educa is responsible for development of the training and material concept for professionals in the early childhood education, implementation of the pilot training for them and organization of one of the partner meeting in BiH.

**Donor:** European Union (ERASMUS+ program)



# 6 PUBLIC EVENTS AND CAMPAIGNS

*In 2023 Amica Educa organized or co-organized public events and campaigns which included 891 citizens of Tuzla city and Tuzla Canton:*

- Round table **Mental Health of Youth: Can you hear us?**
- Informational street campaign (in cooperation with Center for Mental Health of Health Center Tuzla) which marked International Mental Health Day
- 8th of March march under heading Solidarity! (in cooperation with relevant institutions and organizations)
- Exhibit within 16 Days of Activism Against Gender-based Violence campaign titled Caution. Women are Killed! (in cooperation with relevant institutions and organizations.)





# 7 COOPERATION WITH GOVERNMENTAL INSTITUTIONS, PUBLIC INSTITUTIONS, NON-GOVERNMENTAL ORGANIZATIONS

***Amica Educa established new and continued many established collaborations with governmental institutions, public institutions, international and local non-governmental organizations***

## ***1. Cooperation with governmental institutions***

• In cooperation with governmental institutions Amica Educa participated in development and/or monitoring Gender Action Plans on three different levels:

- Participation in development of Government FBiH Operative Plan for implementation of Gender Action Plan BiH for 2023-2027 period
- Participation in Coordinating board for Implementation and Monitoring of Gender Action Plan TK for 2021-2024 period
- Participation in working group for preparation of Gender Action Plan of City of Tuzla for the 2024-2027 period.



- Established cooperation with female council members in City of Tuzla Council who was engaged to prepare and implement training for youth within project Youth Social Changemakers.
- Through recommendation from Ministry of Economy TK, Amica Educa was included into project consortium which was applied to European union (EU INTERREG program). Project will include 15 project partners and 25 joint strategic partners from 11 countries. Ministry of Education and Science TK and Amica Educa will take part in the project as project partners and Ministry of Economy TK will take part as a joint partner.

• With the goal of ensuring continuation of support for Amica Educa's Family / Psychological Counseling in the form of funds from TK budget, communication with Ministry of Labor, Social Policy and Return TK is continued and two other two relevant governmental bodies have been contacted.

• Within election campaign for City of Tuzla mayor, Amica Educa was visited by two mayoral candidates.

## ***2. Cooperation with public institutions***

• Memorandums of cooperation with Center for Mental Health within Health Center Tuzla and Employment Services TK have been extended. Meetings were also an opportunity to exchange information and evaluate opportunities for providing support

for beneficiaries of these institutions within programs and projects that are implemented by Amica Educa.

- Held a meeting with representatives of Home for Children without Parental Care Tuzla with the goal of informing them about activities aimed at empowerment of young women and improvement of their employability. Three wards of the home took part in the project.
- Cooperation in the form of implementation of the workshops conducted by Amica Educa volunteers was established with: Medical High School Tuzla, Medical College of the Tuzla University. Association of High School students BiH, Red cross of City of Tuzla and Center for Non-Violent Communication.



### 3. Cooperation with international and local non-governmental institutions

During 2023 cooperation was established or continued with many international and local non-governmental organizations:

- Within the Professionalization of Adult Education Centers in Europe project cooperation was established/continued with following organizations:
  - VHS Cham, Germany – within the cooperation visit by VHS Cham was organized to Association Amica Educa, and study trip for 3 Amica Educa representatives to High National Schools in Germany. As an additional result of this cooperation partnership was established in preparation and implementation of a project within ERASMUS+ program.
  - With partner organizations active in the field of adult education in BiH (Center for promotion of civil society, Educational Center Nahla, Association Aldi) – cooperation was continued on development of

Strategy and Action Plan for Advocacy in the Field of Adult Education in BiH.

- Cooperation was intensified with European Association for Education of Adults during second Regional Academy for Learning and Education of Adults held in Sarajevo. This event was also an opportunity for exchanging experiences and investigating possibilities for cooperation with



# COOPERATION WITH GOVERNMENTAL INSTITUTIONS, PUBLIC INSTITUTIONS, NON-GOVERNMENTAL ORGANIZATIONS

representatives of adult education from 6 countries: Armenia, Moldavia, Kosovo, Georgia, Ukraine and BiH.

- In cooperation with local organizations from TK region organized a protest march to mark the 8th of March (Women's Day) as well as an exhibit marking 16 Days of Activism against Gender-based Violence campaign.
- Cooperation with the SOS Kinderdof BiH was continued with following activities:
  - Participation in final conference of the two-year project Strong Youth – New Perspective YEPP which was implemented as a partnership where project results (including Amica Educa results) were presented
  - Participation in final conference Strengthening Preventive Services on a Local Level organized by SOS Kinderdof Gračanica.
- Amica Educa representative participated in Freja Forum Democracy, Equal Opportunities and Trust in Future Europe in Brussels within which she participated in a meeting at the European Parliament



on democracy and civil society in Europe where she presented current situation in BiH on the topic of Institutional and NGO response to GBV and femicide.

- In addition to that representative participated in two additional online seminars where she talked about current position of women and challenged related to the gender equality in BIH. Other speakers were representatives of other countries: Serbia, Turkey, Albania, Montenegro and Norway and lead speaker was member of the EU parliament.
- Representative of Amica Educa within the 16 Days of Activism against GBV took part as a panelist in two panels: Institutional Cooperation in the Field of Prevention of all forms of GBV against Women and Girls organized by NGO Ženska Vizija and Multisectoral approach to GBV organized by University Clinical Center Tuzla.
- Amica Educa participated in following activities/events organized by other organizations:
  - Discussion on Gender Action Plan of Tuzla City (organized by Association Bolja Buducnost)
  - Professional conference (Non) Representation of Professional Social Work as a Support Factor for the Modern Family (organized by Association of Social Workers TK)



- Conference Improving the Competencies of Informal Caregivers and Professionals in the Republic of Serbia and Bosnia and Herzegovina" (organized by the Center for Social Innovation Tuzla)
- Presentations of results of research on needs of youth in regards to non-formal education in the TK region (organized by Association Agora)
- Panel discussion Acquiring Skills through non-formal Education for Equal and Quality Positioning on the Labor Market" (organized by the Center for Education and Research Nahla)
- 



# 8 SERVICES FOR OTHER ORGANIZATIONS

***Amica Educa staff expertise has been recognized by numerous organizations and institutions for whose employees or beneficiaries were provided services/activities in total of 594 days.***

***Total 325 employees and beneficiaries were included.***

During 2023 following activities were implemented:

- Workshop Social and Business Skills – Soft Skills for Virgin Plus Company employees
- Lecture From Homeostasis to Stress and Back for students at the International Bio(Medical) Symposium - Tuzla Brain Week
- Workshop Therapeutic Directions for Tuzla University, Psychology department students
- Workshop Sustainable Development – Living in Accordance with Nature (anti-stress and art therapy workshop) for Fondacija Tuzlanske Zajednice employees
- Workshop Gender Responsive Teaching Methods for Laboratorium Association
- Presentation of Dances of Universal Peace for World Congress of Rosen method in Sarajevo
- Individual and group psycho-therapeutic sessions for Islamic Relief beneficiaries (women and children) (from April to December)
- Previously trained, prepared and mentored Amica Educa volunteers implemented following workshops:
  - How to Handle Stress for Elementary School Pazar
  - Mental Health of Youth for members of High School students Association BiH, Gracanica

- Stress and Anxiety in Youth for Medical High School Tuzla students
- How to say NO for beneficiaries of Non-Violent Communication Network
- How to Understand and Solve One's Problems? For Tuzla City Red Cross young members
- Gender-based Violence in Medical Field for Medical College BiH students.



- For World Vision organization Amica Educa created a manual ABCs of Gender Equality and Gender-based Violence aimed at youth trainers on these topics in the local communities, associations and religious communities

# PROMOTION AND PUBLIC RELATIONS 9

**Amica Educa** promoted its work and informed the public about important topics through a total of **71** media appearances on local, federal or state TV stations and radios, as well as web portals from all over Bosnia and Herzegovina.

- Amica Educa's Facebook page has **4300** followers. In 2023, **64** posts were published, reaching a total of **169,757** people from all over Bosnia and Herzegovina.
- Amica Educa Instagram page has **985** followers. With **28** posts published in 2023, reached **18,116** people from all over Bosnia and Herzegovina.
- Amica Educa's YouTube channel, which has a total of **108** videos, has been viewed **1,300** times.
- The Facebook and Instagram pages of the Youth – Social Changemakers project are followed by over 6,000 people, and with **122 published posts** (mainly about the mental health of young people), it reached over **574,975** people.
- Amica Educa website was visited 23,518 times (slightly more than half of the visits were to the English language version).

## DONORS

Donors who in 2023 funded implementation of one or more projects are:



Co-funded by  
the European Union



# 10 FINANCIAL REPORT FOR 2023

## OVERVIEW OF INCOME IN 2023.g.

DESCRIPTION	Amount KM	%
Budget income	27.370	6.75%
Humanitarian income	317.949	78.43%
Own activities income	56.175	13.86%
Other income	3.913	0.97%
<b>TOTAL INCOME</b>	<b>405.407</b>	<b>100%</b>

The total income realized in 2023 is 405.407 KM, which is an increase of 24.499 KM compared to the previous year, 2022.

## OVERVIEW OF EXPENSES IN 2023.g.

Costs of materials, energy and fuel	Amount KM	%
Salaries and other personal income	14.874	3,69%
Amortisation	243.155	60,26%
Costs of received services	25.604	6.34%
Humanitarian expenses	57.907	14,35%
Financial expenses	0	0,00%
Other expenses and losses	0	0,00%
<b>TOTAL EXPENSES</b>	<b>61.994</b>	<b>15.36%</b>
<b>Excess income over expenses</b>	<b>403.534</b>	<b>100%</b>

The total expenditure realized in 2023 is 403.534 KM, which is an increase of 22.705 KM compared to the previous year, 2022.





AMICA EDUCA