



March 2018 - February 2019
ANNUAL REPORT

Mi Cuerpo/Min Krop

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Mission

Facilitate rights-based and taboo free sexual health education for Colombian teens – because everyone deserves to live an informed sexuality.

Vision/quest:

All Colombian teens receive taboo free and rights-based sexual health education.

About us

Mi Cuerpo/Min Krop is a Danish non-profit foundation that works with sexual education in Colombia. We facilitate basic sexual health education classes with focus on creating a taboo free space where the students can ask and get answers to sexual health related topics such as: anatomy, birth control, sexually transmitted infections (STIs) and sexual rights. We focus on accurate information that looks to eliminate the typical urban myths – we believe that knowing how to protect our bodies from STIs and unintended pregnancies is something everyone should learn. There is no structure in the sexual health education at most schools, which is why we aim to help fill the gap in sexual health education.

We work in and around Cali and Popayán in the South West of Colombia. We offer free sexual education classes at the local schools and with local organizations. The classes both include traditional class teaching and group exercises to involve the students as much as possible. Generally, the students have a ton of questions that they would like to ask. The workshops have turned out to be a great place for them to clarify their doubts. Many of the students are grateful for the chance to participate in the workshop, and they openly declare that sexual health education often has been lacking in their education. By working “young to young”, meaning young teachers working with teenagers, it gives a good dynamic and confidence between the teacher and the group of students.

The latest statistics from 2015 revealed that 17,4 % of the Colombian teenage girls get pregnant before they turn 20. This means that many Colombian girls will have a hard time finishing their



education. Teenage pregnancies occur in all of Colombia, but some areas are more affected than others. Especially poor areas, the countryside and in areas with severe social problems have the highest percentages. This is why we do the workshops without cost for the schools, since this way we can reach some of the population who need it the most.

Our work and impact

We work to make an impact on Colombian teens since we believe that living an informed sexuality is a human right. Urban myths are more common than not, and it is necessary to work with the most basic information to be able to debunk common myths. Many of these myths appear since sex is still a big taboo in Colombia and one of the consequences is that many youngsters base their knowledge on inaccurate information and end up living an unsafe sex life. Many of the students have an active sex life but are extremely scared to get pregnant. This is why many of the students are thankful to get accurate information, they realize that there are ways to protect themselves and they find it comforting to be able to talk freely about these topics that interest them a lot, they are teenagers at the of the day.

Both students and school administrations have confirmed that we have a different approach to sexual health education than what they have seen before, and we are able to capture the student's interest. This is why the schools have asked us if we can do more workshops with the students to work more themes, which is something we will be ready to do from the upcoming fiscal year.

We realized that access to accurate information at the libraries was next to non-existing. Therefore, we started the program with donations of the Spanish version of "The Winder Down Under", and we handed out two books in Popayán this year. We have seen a growing interest in the program, and we have already received more books to hand out the upcoming months.

The interest in our work has been high not only from the students, but also from the teachers. Therefore, we will be looking into the possibility of working with teachers too.



With help from Iván Andrés (Retaque films) we have made a video about our work. It was a lot of work, but we are very happy with the result that you can see on our homepage.

In Denmark we offer presentations at high schools for the Spanish classes to inform about our work and also to give a more realistic view on what Colombia is that is not just drugs and war like Netflix series show. The students have been very interested and asking great questions. We think it is important to expand the knowledge about Colombia and the contemporary problems that the region is facing in Denmark.



Our people

Board members

Name	Position	Dates acted (if not for whole year)
Finn Wollesen Petersen	Chairman	Since November 2016
Mette Damsgaard	Vice chairwoman	Since November 2016
Sarah Eckhardt- Læssøe	Board member	Since November 2016
Mette Christensen	Board member	Since January 2018

Volunteers

Name	Position	Dates acted (if not for whole year)
Salka Wollesen Breum	Managing Director and teacher	Since November 2016
Leonor Elizondo Chavero	Teacher	Since February 2018
Monica Scroggs	Administrative support	September- December 2018
Diana Lucia Terrios Flor	Administrative and legal support in Colombia	Since November 2016



Liv Kiilsholm	Intern from Copenhagen University	Since February 2019
Iván Andrés Soto Godoy	Audiovisuals	May-September 2018
Angélica Gardeazabal	Graphic design	Since May 2018





Salka Wollesen Breum
Managing Director &
Teacher



Finn Wollesen Petersen
Chairman of the board



Mette Gervin Damsgaard
Vice chairwoman, board



Sarah Eckhardt-Læssø
Board member



Mette Christensen
Board member



Leonor Elizondo Haverø
Teacher in Popayán





Diana Lucia Terrios Flor
Administrative support



Monica Scroogs
Administrative support



Liv Kiilsholm
Intern



Our supporters

Halton



DAMEN

Gnome & Gardens



Support from schools in Denmark



HELSINGØR
GYMNASIUM



Svendborg
Gymnasium



Aarhus
Business College





Structure & management

Mi Cuerpo/Min Krop is registered with the Danish CVR registration number 38173472 as a non-profit organization. The foundation's management consists of a board that is elected at the annual general meeting. Each board member will sit for 2 years with the possibility of being re-elected.

The daily management is run by the foundation's Managing Director who will be assigned by the board. As it states in the rules and regulations, the Managing Director will not receive any salary, but will have the direct expenses covered by the foundation, as long as it is economically possible for the foundation. This would include materials, transportation, alimentation, accommodation etc. The expenses should be approved by the board.

Salka has been the Managing Director of the foundation since the founding in November 2016 and she is also our main teacher in Colombia. She has a bachelor's degree in Spanish Language and Culture from the University of Copenhagen, Denmark. Since 2011, she has travelled a lot in Latin America, and she quickly fell in love with Colombia. Here she has been traveling from north to south and also studied a semester at Universidad del Cauca in Popayán. Through her time in Latin America, she has created a network of contacts that are very important for the development of the project, and they have helped a lot for the work to get to where it is now, after 2 years.



Chairperson's report



Finn Wollesen Petersen
Chairman of the Board

As in the previous years, several international reports conclude that the education of women is one of the best investments a society can do. Project Drawdown by Paul Hawken state that "education of girls" and "family planning" both are top 10 tools, respectively no. 6 and 7, in the battle against climate change / pollution – both above solar power, electrical cars to mention tools we normally consider important in this battle.

For several reasons it is therefore mandatory that young girls as well as young boys get the opportunity to educate themselves. One of the most important barriers to cross is to avoid unintended pregnancies and/or sexual transmitted infections.



The work of Mi Cuerpo/Min Krop is a small but important effort in the challenges the Colombian society faces on both climate change and the economy.

Problems goes hand in hand, but as well does solutions.



Managing director's report



Photo: Helsingør Dagblad

Salka Wollesen Breum

It has been a very eventful year with a lot of hands-on work at our partner schools, we even were able to expand the network of schools with whom we work. The first half of the year was especially positive and productive, and even though the second half was more chaotic, we gained a lot of experience that we can use moving the project forward in the future.

Nori and I had the pleasure of participating in the AMSSAC conference in Mexico about Sexuality and Gender, which gave us important input and information, and also allowed us to network with other organizations and people working in the field.

In Denmark we also had the opportunity to do presentations at more high schools, which is an important step in spreading the word about our work in Colombia.

We are looking forward to the upcoming year and the events it has waiting for us. This second year of working with sexual health education was very educational and we hope to use what we have learned to take this project to new levels.



Our objectives

After the first trip to Colombia we evaluated and made a list of new goals to work towards on the second trip between September 2017 to June 2018:

1. **Make material to prepare new teachers to be part of the project, including: Guide to what they should know, most common questions, most common myths to “kill” and links to where they can read more. The training should also include a period of practical training following Salka’s classes.**

We have developed material for the new teachers, and the first two new teachers have been through the preparation process. The plan is to have an evaluation of the material after the two teachers have had some time to gather experience with the workshops so that we can keep improving the material.

2. **Look for further funding and doing the necessary applications in time for the deadline.**

Work still in progress.

3. **Make the homepage more attractive in WordPress or another similar program. This would also include making it easier to sign up as a member directly on the homepage or for a one-time-donation and to make it easier to update the news section. Look into the possibility of enabling a sign up for the newsletter directly on the homepage.**

Our new homepage has been up and running for some time, and the traffic to the site has improved. It is easier to manage for us, and more attractive for users as well. Furthermore, it has been a big improvement that it is now possible to sign up and donate directly on the homepage.

4. **Maintain a good communication on social media; keep updating every time there has been a workshop so members and other interested can follow the work.**

Work still in progress, but so far we have maintained a good communication and we see an increasing amount of followers on social media.

5. **Answer all questions sent to Facebook/Instagram/e-mail from students.**

Work still in progress. So far, we have answered all questions that we have received



through social media.

- 6. Make a detailed description of themes that schools can use to work with students younger than 14 years old.**

Work still in progress

- 7. Make a LinkedIn profile, both for Salka and Mi Cuerpo/Min Krop to enable professional communication.**

Both profiles are up and running on LinkedIn, have a look and follow us to spread the word on our work in the professional network as well.

We did not make goals for the rest of 2018-2019. We realize that we should have done that to guide our work, so for the upcoming period we have made goals and we are planning to do that from this moment going forward.



Financial statements

We had a very positive financial year 18/19, ending the year with a total surplus of 20.831,86 DKK. This will give us the opportunity to invest in materials for improving our work in the upcoming year. This is a positive start to the new financial year and the work we have ahead of us, and we will work to spend the money as sustainable and useful as possible in the upcoming year.

Total income	DKK	Euro
Surplus 17/18	7.440,92	992,12
Total in membership fee	15.989,83	2.131,98
Donations	5.656,04	754,14
Gnom and Gardens	1.423,32	189,78
Sponsor Alscott Air Systems	6.098,40	813,12
Sponsor DAMEN	2.600,90	346,79
Crowdfunding - Conference Mexico	4.967,67	662,36
Sponsor Stena RoRo	5.000,00	666,67
Donation - Book	1.730,92	230,79
Sponsor Ecoshelta	2.863,10	381,75
Workshops DK	5.991,20	798,83
Total	59.762,30	7.968,31

Total expenses	Expense (DKK)	Expenses (€)
Expenses Stay in Colombia	35.333,00	4.711,07
Bureaucracy Colombia	3269,75	435,97
Yearly account print - Bank	20,00	2,67
Quarter fee - Bank	75	10,00
fee for transfer to Nori (January)	52,69	7,03
Sepa fees	180,00	24,00
Total	38.930,44	5.190,73

	DKK	Euro
Balance	20.831,86	2.777,58



Overview of income	DKK	Euro
Total in membership fee	15.989,83	2.131,98
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Donation - Book	1.730,92	230,79
Sponsor Ecoshelta	2.863,10	381,75
Workshops DK	5.991,20	798,83
	52.321,38	6.976,18
Surplus 17/18	7440,92	992,12
Total	59.762,30	7.968,31



Overview of expenses	Amount COP	Amount DKK	Amount €
Transportation	755.371	1.624,29	216,57
Rent	3.495.000	7.590,00	1.012,00
Food	1.524.680	3.290,53	438,74
Copies	106.150	230,84	30,78
Materials	78.235	171,00	22,80
Other teachers	762.220	1.644,33	219,24
Transportation within Colombia	256.800	548,73	73,16
Other relation	146.000	319,20	42,56
Transportation Bogotá-Cali	255.000	561,00	74,80
Phone	371.579	799,97	106,66
T-shirts	167.804	361,75	48,23
Airport tax	86.200	189,64	25,29
Plane ticket CPH-BOG	2.182.986	4.802,57	640,34
Travel insurance	2.211.614	4.865,55	648,74
Libro de la vagina	744.947	1.564,39	208,59
Plane ticket Bog-Mex	1.597.377	3.411,71	454,89
Post t-shirt (crowdfunding)	9.750	20,48	2,73
Inscription AMSSAC conference	765.580	1.607,72	214,36
Conference in Mexico - 10 days	309.283	668,09	89,08
Web domain 2 years	47.619	100,00	13,33
Cisu	333.333,33	700,00	93,33
Vulva Gallery Book	124.390	261,22	34,83
Total	16.331.919	35.333,00	4.711,07

Acknowledgments & thank you

Donors

Alscott Air Systems Ltd.

Halton

Stena RoRo

Damen

Gnome and Gardens

Ecoshelta

Personal donations

Schools & community partners

INEM Jorge Isaacs, Cali

Instituto Técnico Industrial 20 de Julio, Cali

Liceo Cañaveral de Occidente, Cali

San Francisco Javier, Cali

Nuestra Señora de la Gracia, Cali

Gabriela Mistral, Popayán

John F. Kennedy, Popayán

Centro Pedagógico Creativo del Cauca, Popayán

Institución Educativa Loma Bajo, Rosas (Cauca)

Institución Educativa Agropecuaria de Parraga, Rosas (Cauca)

Institución Educativa Palo Grande Bajo, La Sierra (Cauca)

Institucion educativa ala kures piscitau, Piendamó (Cauca)

AlasCinco, Bogotá



Volunteers

Salka Wollesen Breum

Leonor Elizondo Chavero

Diana Lucia Terrios Flor

Monica Scroggs

Liv Kiilsholm

Iván Andrés Soto Godoy

Angélica Gardeazabal

Members

66 annual members



How you can help

Become a member

Become a member with 27 euros/year (200 DKK).

Make a donation

Make a one-time donation through our homepage, all amounts are a big support.

<http://micuerpominkrop.dk/support-us>

Become a corporate partner/sponsor

Are you interested in becoming a sponsor? Contact Salka at salka@micuerpominkrop.dk for more information.

Donate an educational book to a school

We believe that the access to valid and interesting information about sexual health education related topics is crucial to “kill myths” and to create a real impact with the youngsters at the schools where we work. Therefore you can donate a copy of “The Wonder Down Under”, which is written by two young Norwegian doctors, to a school where we work. The book will thereby form part of the school libraries and will create easy access to humorous and accurate information that will appeal to the age group we work with. It is easy, you can donate a book through our homepage: www.micuerpominkrop.dk/support-us/donate-book

Book a presentation in Denmark

In the periods when Salka is in Denmark, it is possible to book a presentation about our work. The presentation focuses on showing a different side of Colombia, since we truly believe that Colombia is so much more than what media shows – Drugs, guerrilla and civil war. The 1,5 hour presentation will give the participants a unique look into Colombia, the culture, social situation, and our project and why we believe sexual health education in Colombia is important. Sounds interesting? Get more information at www.micuerpominkrop.dk/book-a-presentation



Looking to the future

2019 will be split into two important parts. First part we are looking to organize and structure our work, to make sure that we have a clear plan about where we are heading and how we are going to work going forward. Therefore we will be putting the workshops on hold for the first couple of months, to work out the scope and new material for the new workshops.

We have been working with many youngsters, and we realize that it is important to create a process with several workshops for the students to participate in. It is hard to come around all the topics that we would want to in just 2 hours. Therefore we have decided to create a program with 4 workshops per group where we will be working with both boys and girls. This way we will be able to dig deeper into some of the important topics. Furthermore, we will be offering a menstruation workshop for the girls in 8th grade, since in our time at the schools the last two years, we have realized that there is not any focus on giving these girls an introduction to menstruation, products and other important information. If possible we will try and include the boys in the end of the workshop, since a lot of young boys also are curious about what menstruation is.

The 4-workshop-program and menstruation workshop will be implemented at our partner schools in and around Cali and Popayán.

A big part of our structuring process is also implementing a structured M&E plan, for us to measure our impact with the students. This is something that our intern from Copenhagen University will be working on during her stay in Cali from February to June.



Contact us

+57 301 327 99 13

www.micuerpominkrop.dk

salka@micuerpominkrop.dk



Mi Cuerpo/Min Krop



[micuerpominkrop](https://www.instagram.com/micuerpominkrop)

