



Soroptimist International of Europe **BEST PRACTICE AWARDS 2022**

WHO ARE SOROPTIMISTS?

Soroptimists are professional women who are actively engaged in their communities, who have a global vision of the world and of women's issues, and who are in touch with local challenges for women, their conditions and their rights.

What are the key focus areas Soroptimists work in?

- Education
- Women's Empowerment
- Elimination of Violence Against Women
- Health and Food Security
- Sustainability

What are Soroptimist Clubs?

Soroptimists are organised into Clubs in their cities/towns/villages, each having approximately 30 members. All projects you will read about here are the work of one or several Clubs. Soroptimist Clubs have been around since 1921.

What are Soroptimist Unions?

When a country has more than 5 Clubs and at least 100 members it forms what's called a Union. There are 21 Soroptimist Unions across Europe, the Middle East & the Caribbean.

How many members and Clubs are there in Europe, the Middle East and the Caribbean?

Currently, 31,457 women are members of the 1,162 Soroptimist Clubs in this region! (Or 1,163 if you start the next one?)

How do Soroptimists advocate for women's rights?

Soroptimist International of Europe holds special consultative status at the United Nations Economic and Social Council (ECOSOC) and participatory status at the Council of Europe and the European Women's Lobby.

We are a 'global voice for women'!





“
Impressive does not come close to describing it, with Soroptimists raising the considerable sum of €5.5 million and carrying out over four thousand projects!”

Dear Soroptimists,

For all the times one might ask what Soroptimism is about, what the final goal all 31,457 Soroptimists in Europe are pursuing, I believe our Best Practice Awards give the best answer, through action.

Here we see Soroptimists standing up, stepping forward, engaging, empowering and enabling through thousands of projects. This is happening all year, all over Europe and the Middle East, in 1,162 clubs across 43 countries. Impressive does not come close to describing it, with Soroptimists raising the considerable sum of €5.5 million and carrying out over four thousand projects!

It makes me a very proud President and more importantly, it makes each of you, as Soroptimist members, proud of what we have achieved by working again and again to improve the lives of women and girls. Our awards go beyond pride and recognition, they act to bring us all up to the next level by inspiring us through action. A good project has an important positive impact on the lives of the women and girls it is standing up for. It also improves the quality of life of its club members, making their club more attractive, confirming them as agents of change, and gaining recognition from the community where their club is active. Well-deserved recognition as Soroptimists are, by definition, professional active women, yet each of you finds the time to carry out voluntary work in the name of Soroptimist International of Europe, doing so in your spare time, adding to your other commitments.

We are faced with challenging times. We need to face them by striving to constantly perform better, recognise more needs, take more action, raise more awareness, advocate better, and reach out in innovative ways to even more women.

No pandemic and no war can stop a Soroptimist from thinking of how she can unlock the potential of women. We take action when thinking leads to a project, and make an impact when we join forces - which is where the famous 'Soroptimist magic' happens.

It was not an easy task to select winning projects from almost a hundred entries! My gratitude goes to our jury, who had to review and select all these outstanding contributions. I must express my gratitude and recognition to SIEHQ Senior Programme Officer, Bintou Koïta, whose professional guidance has been much appreciated by all of us for a long time. I would also like to thank our new Programme Director, Sandra Gonzalez Sköld, and our new Assistant Programme Director, Jitka Kratochvílová, who both impressed us from the moment they joined at the new biennium, meeting and exceeding our already high expectations.

Wishing you an inspiring read of this year's awardees,

**Carolien Demey,
SIE President 2021-2023**

YOUR DOSE OF OPTIMISM

We have all been through days where we lose motivation. If you are going through one of those days, make yourself a nice drink, and open our Best Practice Award brochure, where you will find a huge dose of optimism.

Here we showcase some of the most impressive achievements accomplished by our clubs and Unions last year. And indeed, there is a lot to be proud of. Despite our work still being made more complicated by the global pandemic, we received almost 100 applications and were in awe of the entries! So many great ideas, so much energy!

Awards were given for all five of Soroptimist's focus areas – Education, Women's Empowerment, Elimination of Violence Against Women, Health and Food Security, and Sustainability. We also gave out Union and Biennium Awards. In addition to our usual awards, this year, we introduced an award for the project that has helped gain new members and promoted our organisation externally, for which there is a prize of €1000. We hope that it will help the winner to carry out more wonderful projects.

With the onset of the conflict in Ukraine, we have revived our Project Matching Tool for

direct cooperation between our clubs and Unions. It has turned out to be a great success. We hope that in the future we shall be able to help each other via Project Matching and work across borders in times of peace as well.

As a Soroptimist, you adapt to local circumstances while being a part of an international movement. An excellent example is your participation in Orange the World, 16 days of activism. This year, Soroptimist International of Europe will focus on prevention - we look forward to seeing your creativity in support of this theme.

We would like to thank all our clubs and Unions, that took part in this year's Best Practice Awards and encourage others to apply next year, as we are convinced that you are all doing wonderful work, so let the world know it!

Together let's keep up the good spirit of improving the lives of women and girls across Europe!

Sandra GONZALEZ SKÖLD,
Programme Director

Jitka KRATOCHVÍLOVÁ,
Assistant Programme Director



Jury 2022

Sandra GONZALEZ SKÖLD
SIE Programme Director, Chair of the Jury

Jitka KRATOCHVÍLOVÁ
SIE Assistant Programme Director

Anna WSZELACZYŃSKA
SIE Immediate Past President

Bettina HAHNE
SIE Special Appointee Advocacy

Gertrud ÅSTRÖM
SIE Representative to EWL

Dora VRDLOVEC
SIE Representative to OSCE

SIE BIENNium AWARD 2022

GREEN OASES TO SAVE THE BEES

Union of Italy

There is no doubt about it: bees are on the verge of extinction. For several years now, their mortality rate has been constantly increasing. The phenomenon is particularly worrying when we know that bees are crucial for the pollination of flowering plants. If they were to disappear, there would be no more production of seeds and fruits essential to human nutrition.

The Soroptimists of Italy have stepped up and implemented a project called 'Oasi Delle Api' or 'bee oasis' to raise awareness about this issue and act!

A total of **117 Soroptimist Italian Clubs, together with an Austrian Club (SI Hermagor)** implemented over 150 projects. Their concrete action was to create an 'oasis for bees' in every city and community in Italy with melliferous plants (plants which produce pollen which can be made into honey) in parks, flowerbeds and balconies, thereby creating a specific habitat for bees and other pollinating insects.

In addition, they donated over 300 hives to female beekeepers to support them in their work. These female entrepreneurs contribute to the development of local biodiversity and pass on their knowledge to others. Furthermore, a thousand trees have been planted and more than 50 teaching hives have been donated and set up in primary and secondary schools.



The project revolves around two main axes:

- **Advocacy / Awareness:** Soroptimists organised 30 webinars, meetings, conventions and workshops with leading experts. This also involved institutions in order to make civil society aware of the emergency situation and the need for biodiversity and safeguarding diversified ecosystems.
- **Creativity:** 1,500 brooches in the shape of a bee were made in the workrooms of the juvenile prison of Nisida (Naples), thanks to a donation provided by the Italian Clubs (€38,000) for professional courses in artistic metal manufacturing. Furthermore, Soroptimist 'artists' organised a show of 50 works related to bees, including paintings, sculptures, photographs and music, published in a video and a catalogue.

This project, which combines SIE-specific themes such as education and women's empowerment with an environmental approach, was a great success: **100,000 people benefited from this project in 2021** and, according to Italian Soroptimists, this figure will increase to **1,000,000** in the future.

Project achieved by:

- Setting-up webinars to raise awareness with leading experts,
- Supporting female entrepreneurs,
- Developing creative tools.

WOMEN & GIRLS REACHED:

100 000

FUNDS RAISED BY THE UNION:

100 000 €

Partners:

Municipalities, Italian regions, forest rangers, beekeeper associations, beekeepers, schools, universities, agricultural schools, ERFAP (Regional Body for Professional Education and Training), plant nursery companies, professional agronomists, and foundations.



Soroptimist International d'Italia
A global voice for women



Progetto del Centenario
Oasi delle Api



Club di Ancona
CONSORZIO APISTICO PROVINCIALE MATERATA
CENTRO EDUCAZIONE AMBIENTALE LA CONFLUENZA

API E AMBIENTE :
IL BUONO, IL BRUTTO E IL CATTIVO
Sabato 27 Marzo - ore 17:30 su piattaforma zoom
Convegno ON-LINE
PROGRAMMA



SPECIAL AWARD “NEW MEMBERS & VISIBILITY”

THE ROAD TO EQUALITY

Union of Austria

As part of Soroptimist International's centennial celebrations in 2021, a catalogue was created, listing the most important requirements for achieving equality between women and men.

The Soroptimist Union of Austria (SI Austria) selected four topics from this catalogue, aligned with Soroptimist's values and spheres of action: Finance and Women, Women's Health, Women and Housing, and Life free from Violence. They united them under an awareness campaign: 'The Road to equality'!

The primary objectives of the 'Road to Equality' were to:

- Expand awareness and the reputation of the Soroptimist Union of Austria,
- Draw attention to the four core topics selected by SI Austria,
- Organise a joint campaign with all Austrian clubs and encourage cooperation amongst them,
- Target and address younger groups and be attractive to them,
- Mobilise as many people as possible,
- Attract media attention and that of politicians and official representatives.

The Road to Equality could not have been more aptly named, as Soroptimists organised a major awareness hike. The hike started on 26th June 2021 in Vienna and, after 100 days, participants reached the finish line on the 3rd of October. The date was chosen as it marked exactly 100 years since Soroptimist International was

founded in the USA in 1921.

Each club was responsible for a particular route segment and for passing the Soroptimist catalogue on to the next club, like an Olympic torch. The Austrian clubs walked an enormous **3,752 km** accompanied by a tour bus that transported advertising material and covered 4,581 km. By the end, the logbook which had accompanied them along the entire walk, included **72,000 signatures**.

All 60 Austrian clubs organised a variety of local events to tie in with the end of the hike, including award ceremonies, film premieres and awards - all focusing on the four core topics. The involvement of local decision-makers and multipliers was particularly important. More than 50 mayors and hundreds of high-profile visitors took part. A webpage was set up for all 'Road to Equality' information and hike registrations provided the link to a route App.

The Soroptimists achieved all their objectives and gained particularly impressive results in external communications. The concept of all clubs holding events in a specific campaign period, under a common 'content umbrella', has proven to be very fruitful!

Project achieved by:

- Organising a major awareness-raising hike,
- Reaching out to the media, politicians and official representatives,
- Promoting Soroptimist's reputation as a credible organisation on women's issues

Partners:

CROMA Pharma GmbH.
Bankhaus Schellhammer & Schattera AG
Energie AG Oberösterreich
Energie Steiermark AG
KELAG Kärntner Elektrizitäts-Aktiengesellschaft
Kärntner Sparkasse AG
Miele GmbH
Metro Cash & Carry Österreich GmbH.
Raiffeisenbankengruppe Burgenland
Spar Steiermark
Steiermärkische Bank & Sparkassen AG
Oberbank
ÖBB Holding AG
Uniq Insurance Group AG
Volkskreditbank AG
Autohaus Straus



WOMEN & GIRLS REACHED:

2 700 000

FUNDS RAISED BY THE UNION:

87 000 €

UNION BEST PROJECT AWARD

FINANCIAL EDUCATION – WOMEN MATTER

Union of Italy

The gender pay gap is real. In 2020, it was recorded that, in Italy, on average, men earned approximately 11.5% more than women*. While this is slowly reducing, there is still a lot of work to be done, with the pay gap varying wildly between sectors and regions.

The Union of Italy decided to carry out an educational project to foster economic empowerment and independence, while promoting female employees and working towards closing the gender gap in economic and financial matters. The project targeted women in vulnerable situations, such as immigrants, victims of violence and widows, and aimed to teach them to manage their own money well. Good financial management extends into other Soroptimist objectives, such as the elimination of violence against women, because it improves economic independence, personal well-being, and gives a future to vulnerable women and their children.

Soroptimist International of Italy launched the project 'Financial Education - Women Matter' and partnered with Banca d'Italia. Together with the Banca d'Italia and the National Committee for financial education, they developed the topics and programme for a practical financial course for women. The goal was to promote and finance initiatives aimed to raise women's financial, insurance and social security knowledge and competencies.

In October 2020, some 300 Soroptimist

members, (one to two for each of the 161 Italian Clubs), attended an online training course for financial literacy educators, held by the Banca d'Italia. Everyone taking part had been selected to become a future financial educator, destined to teach a vulnerable female population in their region. Clubs approached potential partners and contacted non-profit associations to identify women in vulnerable situations and offer them a financial literacy course. They worked with the municipal institutions, banks, libraries, schools and universities to find suitable places for their classes, which were also held online (considering the COVID-19 emergency).

In total, 42 courses were held to improve financial literacy. The project was a big success with 3'000 women learning about finance, including female migrants, victims of violence, victims of trafficking, elderly and jobless women.

* <https://www.statista.com/statistics/684293/gender-pay-gap-in-italy/#:~:text=In%2020%2C%20women%20in%20Italy,was%20equal%20to%2012.7%20percent>

Project achieved by:

- Partnering with key institutions with expertise in finance and financial education,
- Large-scale training of Soroptimist members, who would in turn train vulnerable women,
- Working together with local organisations to identify vulnerable women and secure locations in which to carry out the courses.

WOMEN & GIRLS REACHED:

3 000




FUNDS RAISED BY THE UNION:

10 000 €


Partner: Banca d'Italia

Links: <https://economyapertutti.bancaditalia.it/progetti-educativi/donne-finanza/?dotcache=refresh>





Donne, giovani e cultura finanziaria



30 ottobre 2020
ore 16.00-19.00
Soroptimist Lecce
patronato agilio

Chi è Banca d'Italia? Come funziona? A che serve? Quali sono i suoi compiti? Oggi, nel rispetto delle donne con il sapere economico? Quali sono i rischi e le opportunità? E quali sono le iniziative in corso? L'iniziativa è parte di un percorso formativo dedicato alle donne, organizzato da Soroptimist Club Italia, con la partnership di BANCA D'ITALIA sede di Lecce e CONSOB, sulle tematiche correlate alla protezione del denaro.

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EDUCATION

Increase access to learning opportunities

Soroptimists educate women and girls to lead



AUTONOMY THROUGH EDUCATION FOR WOMEN IN SHELTERS

Club of Almere – THE NETHERLANDS, SURINAME AND CURAÇAO

RUNNERS-UP:



Girls' Day 2021 STEM event

Soroptimists from Helsinki-Erottaja, Finland (with SI Helsinki Meri, SI Helsinki, SI Vantaa, SI Kauniainen-Grankulla, SI Espoo and SI Espoo Meri)

The Soroptimists organised the event "Girls' Day 2021" to inspire girls in secondary schools to study STEM subjects.



Making women more visible in the public space

Soroptimists from Kassel-Elisabeth Selbert, Germany

Funding and installation of a statue of Dr Elisabeth Selbert, one of the mothers of the Basic Law. This project is meant to make women and their achievements visible in the public space.



Short Movie "We Are Many - Road2Equality"

Soroptimists from Steyr, Austria

To emphatically draw attention to the current situation of women and the efforts still needed to reach gender equality, the Soroptimists created a short film production on this issue.

EDUCATION

TOP PROJECT

AUTONOMY THROUGH EDUCATION FOR WOMEN IN SHELTERS

Club of Almere – THE NETHERLANDS, SURINAME AND CURAÇAO

It is well-known that women often return to their abusive partners due to economic dependence. Education reduces the chances of that, especially when it is chosen with a future job or career in mind. It also gives women more self-confidence and sets a good example for their children.

Knowing this, the Soroptimists of Almere stepped up with their own project to help women in women's shelters become more autonomous and economically independent through education.

To do so they started by formulating admission criteria and contracts and organising selection interviews to determine educational needs and competencies. Once the selection process was complete, the next step was to choose targeted and realistic education programmes, together with each candidate. This was all carried out in the context of the women's shelter, involving management and social workers (as they generate requests for education funding). As part of the project, laptops and software were purchased and installed for the women to use. The women received support and follow-up from members of the Education Committee while participating in the programme.

SI Almere secured visibility and support for their project through a variety of means. They held two media events attended by the press, and local television and radio. An article was also published by Rabobank for their members. The

club itself was active on social media (Facebook and Instagram) and on the Union website. Finally, they launched a special Almere edition of Monopoly, which showed Soroptimist's logo and story on the game's box.

The result was that the club raised €33,000, which was used to support two women living in a shelter in their studies. One woman has nearly completed a demanding course, the second woman has a good job having successfully completed her education. The club already plans to support more women through this education programme.

An additional benefit of this project is that it can be easily replicated by other Soroptimist clubs and Unions all over the world, as SI Almere developed a:

1. Format for fundraising and creating a personalised Monopoly game.
2. Model agreement for legal and practical matters related to the education fund.

The club generated a lot of attention and support across the city. They found that companies, the municipality, province and citizens like to work with Soroptimist and support what we stand for.

PROJECT ACHIEVED BY:

- Working with a local women's shelter to identify candidates for their educational programme,
- Providing the women selected with support to choose and complete their studies to gain future independence,
- Raising awareness of the importance of education as a means to independence and to break the cycle of abuse.

WOMEN & GIRLS REACHED:

2 WOMEN

(with more planned for the future)

FUNDS RAISED BY THE CLUB:

33 000 €

PARTNERS: The Municipal of Almere, the Mayor and Council, Identity Games





WOMEN'S EMPOWERMENT

Increase economic empowerment

Soroptimists empower women to find employment

TOP
PROJECT

FEMALE POWER TALKS DURING THE COVID-19 PANDEMIC

Club of Mödling - AUSTRIA

RUNNERS-UP:



Support a woman, support a business

Soroptimists from Conegliano e Vittorio Veneto, Italy

The Soroptimists have launched an online course offered to women retailers and service providers wishing to learn the basic skills of digital marketing in order to sell online.



35 Clubs supporting 35 earthquake victims

Soroptimists from Izmir, Turkey (with SI Alsancak, SI Göztepe, SI Karsiyaka, SI Kordon and SI Denizli)

Following an earthquake in Izmir, the Soroptimists helped victims, mainly families and single women. Thanks to the Friendships Links that SI Izmir maintains with some Clubs within the Federation, the project could be carried out successfully.



Long-lasting project against poverty in our region

Soroptimists from Merate, Italy

Italy has one of the lowest employment rates for women in Europe. Therefore, by implementing this project, the Soroptimists want to enable a group of women to find a job with the best chance of success.

WOMEN'S EMPOWERMENT

TOP PROJECT

FEMALE POWER TALKS DURING THE COVID-19 PANDEMIC

Club of Mödling - AUSTRIA

During the COVID-19 pandemic (2020-2021) personal meetings were not possible, leaving many people feeling isolated in their own homes. In Austria, SI Mödling's motto is 'Community inspires, community moves' - which is something they wanted to live digitally.

In the face of lockdown, their club stepped up to create a sense of community by holding 'Female Power Talks'. They started an online presentation series, bringing interesting lectures, a friendly smile, encouraging words and solidarity to people's homes - all of which were possible online via Zoom.

To reach the most people, the club allowed anyone interested to participate in the lectures. With this approach, they reached many new people (both men and women), as well as other clubs. They also generated income through a participation fee of €10.00.

Experts spoke on powerful topics, including:

- **Stronger together** - Breast cancer from two perspectives - prevention, therapy and COVID-19,
- **How do I tell?** - Conduct difficult conversations well,
- **Self-empowerment and safety** - Dealing with aggression and readiness to use violence,
- **Pension gap** - Women have to save differently,
- **Stress less** - Help yourself fight against stress,
- **Digital - real** - Mindful use of digital media.

The project was a great success. The club reached people outside of their network who did not previously know anything about Soroptimist International of Europe and raised their interest in our organisation. They managed to bring people close DESPITE distance, without health risks and without travel effort.

Some of the main wins for those taking part in the female power talks were:

- Female speakers had an audience to present to during lockdowns,
- Participants could attend despite lockdowns,
- People and institutions were supported by the money raised,
- Soroptimist increased their visibility,
- Digital skills of participants and organisers improved with each event,
- Inter-club community was strengthened by working with partner club, SI Kiel Baltica (DE).

However, perhaps most importantly, their 'Female Power Talks Online' created a sense of community and personal relationship, despite the need for social distancing.

PROJECT ACHIEVED BY:

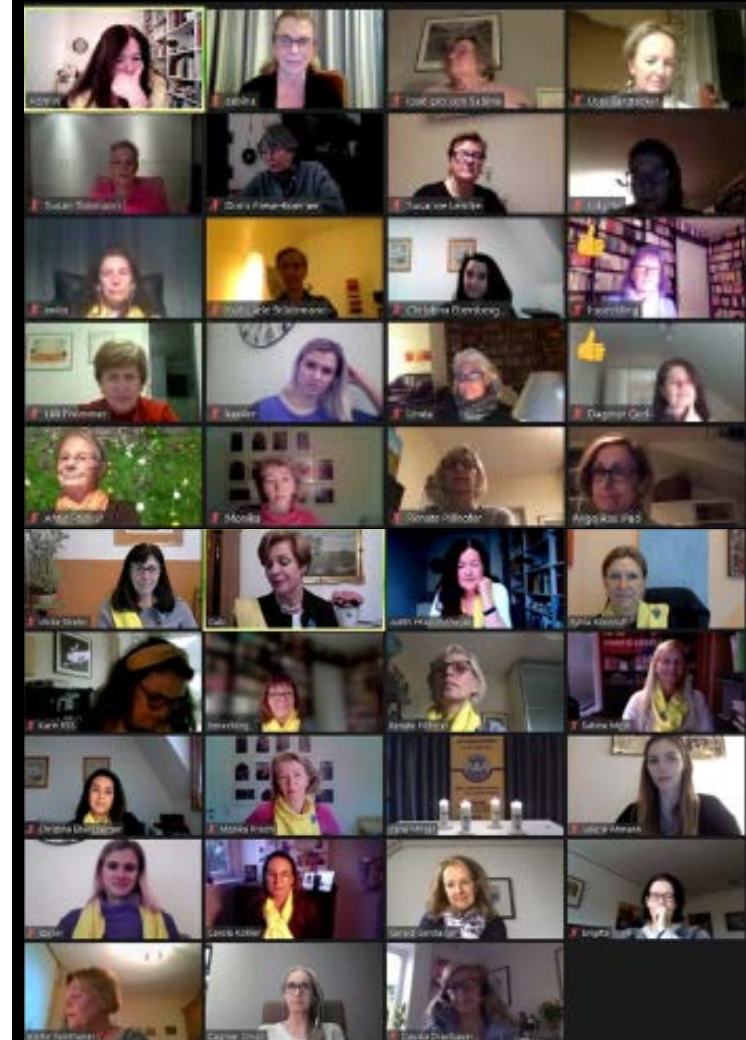
- Finding a creative solution to a modern problem,
- Harnessing technology to educate and bring people together,
- Raising awareness and funds,
- Gaining visibility for SI Mödling and Soroptimist and promoting our values.

WOMEN & GIRLS REACHED:

350

FUNDS RAISED BY THE CLUB:

5 300 €





VIOLENCE AGAINST WOMEN

Eliminate violence against women and girls

Soroptimists fight violence against women and girls



"I STAND WITH HER" - ORANGE KUWAIT

Club of Kuwait - KUWAIT

RUNNERS-UP:



From imperfect love to more than perfect: Love that gives you WINGS!

Soroptimists from Lisboa Caravela, Portugal (with SI Porto Invicta)

This project has been designed to raise awareness on VAW by developing a campaign with the aim to reach a sustainable future for all.



Pharmacy bags
Soroptimists from Como, Italy

The Soroptimists printed and distributed bags stamped with a sentence denouncing VAW and highlighting information to a helpline. The bags were distributed in 170 pharmacies.



Lighthouse - a home for security and orientation in difficult times

Soroptimists from Fürstenfeld AquVin, Austria

With the support of the municipality, the Soroptimists have created a transitional anonymous flat in Fürstenfeld where women with or without children can change their lives into a life without violence.

VIOLENCE AGAINST WOMEN

TOP PROJECT

“I STAND WITH HER” - ORANGE KUWAIT

Club of Kuwait - KUWAIT

With one in three women experiencing physical or sexual harm worldwide, gender-based violence continues to be a global pandemic*.

SI Kuwait stood together with Soroptimists and people everywhere to ‘Orange the world’ with 16 days of activism to bring awareness to violence against women. During their own awareness drive ‘Orange Kuwait 2021’ they focused on how men can support women. Activities were planned around the powerful theme, ‘I stand with her’, for which they asked men to send in videos of themselves talking about how they were supporting the women in their lives. These videos were posted on social media.

The awareness drive gained immediate visibility with a number of activities. Working with important local companies, such as The Body Shop and TONS, SI Kuwait launched a kick-off event. Soroptimists spoke about the Orange Kuwait project and alerted the media about their upcoming activities. The Body Shop handed out leaflets about the campaign at their stores, and their staff wore t-shirts with an orange Soroptimist logo on them. Members of Soroptimist Kuwait’s ‘Orange Team’ were invited to speak on TV and radio to talk about the 16 days of activism and the issue of violence against women in Kuwait. In addition, many

prominent buildings around Kuwait were lit up in orange in support of the campaign.

Soroptimist Kuwait also collaborated with the local motorcycle club and the Australian Embassy to host a ride. Bikers were given orange t-shirts with the Soroptimist logo on them and completed a ride around Kuwait in support of the campaign. In addition, local spa, Layla Harmony, hosted an orange circle with Soroptimist members speaking about how to make Kuwait safer for women.

The campaign ended with a panel event, attended by approximately 75 guests, where male panellists spoke about how men can stand up for women. The results of this campaign, spanning the whole of Kuwait, were many, including huge awareness around ending violence against women. In addition, SI Kuwait gained over 1’000 followers on the Orange Kuwait Instagram account and raised just over €6,000.

* <https://www.soroptimisteurope.org/orange-the-soroptimist-world-with-16-days-of-activism/>



PROJECT ACHIEVED BY:

- Working with local companies to amplify visibility and awareness,
- Uniting people behind a powerful theme,
- Alerting the media and carrying out activities with them,
- Carrying out diverse activities for maximum impact.

WOMEN & GIRLS REACHED:

100

FUNDS RAISED BY THE CLUB:

6061 €

PARTNERS:

The Body Shop, TONS, Layla Harmony Spa



HEALTH & FOOD SECURITY

Ensure women & girls have access to the highest attainable standard of health care

Soroptimists help provide access to better health and living conditions for women and girls



STROKE PREVENTION IN GUYANA: 'PRAN SWEN DI TO TCHO'

Club of Cayenne – FRANCE

RUNNERS-UP:



Aid for students in need of support *Soroptimists from Le Quesnoy, France*

Distribution of organic washable sanitary towels and fruits to students of the University of Valenciennes in precarious situations and in need of support.



Waterpipe in Gisenyi, Rwanda *Soroptimists from Larvik, Norway* *(with SI Gisenyi, Rwanda)*

The Soroptimists of Larvik supported SI Gisenyi in a project aiming at providing drinking water to a village in a volcanic area in Rwanda.



"Baby Pit Stop" on the roof of Europe *Soroptimists from Valle D'Aosta, Italy (with SI Italy)*

SI Italy has signed a memorandum of understanding with the Italian Committee for UNICEF to support the "Baby Pit Stop" project, aimed at setting up welcoming and free dedicated spaces for breastfeeding and childcare in cultural places in general.

HEALTH & FOOD SECURITY

TOP PROJECT

STROKE PREVENTION IN GUYANA: 'PRAN SWEN DI TO TCHO'

Club of Cayenne – FRANCE

The World Health Organisation has warned that cardiovascular diseases (heart disease and strokes) are the top global cause of death¹. Contrary to a persistent belief that these are 'male diseases', they also affect women.

Every day, they kill 200 women in France and 25,000 worldwide². Many delays in diagnosis and treatment are linked to the fact that women do not feel concerned by these diseases, which are therefore insufficiently detected. Yet eight out of ten cardiovascular events are preventable with information, health education and dedicated screening³.

As part of a prevention and awareness-raising initiative, the **Soroptimists of Cayenne** implemented a large-scale project called '**Pran Swen Di To Tchò**' (stroke prevention). They carried this out in French Guyana, in partnership with the Regional Union of Health Professionals and Pharmacists of French Guyana, and the College of Cardiology of French Guyana.

In agreement with their partners, the Soroptimists chose to equip all pharmacies in French Guyana with a new, effective and easy-to-use tool called '**My Diagnostick**'. This is a cardiovascular diagnostic tool, similar to a blood pressure monitor, in the form of a stick that emits a red light if it detects a heart rhythm disorder. The 'My Diagnostick' programme carries out tests for cardiac arrhythmia - responsible for 25% to 30% of strokes. It allows

a mini electrocardiogram to be carried out in just one minute in a pharmacy.

The programme is intended to be exhaustive. All people aged 25 and over can benefit from the detection device. Indeed, the frequency of cardiac arrhythmia in the general population increases with age, especially in situations of potential cardiovascular risk (arterial hypertension, diabetes, thyroid disease, overweight, sleep apnoea, etc.).

This project has been a huge success because it serves the entire Guyanese population across the whole country, as all the pharmacies in Guyana, as well as the College of Cardiology, have joined in.

Thanks to this project, the **Club of Cayenne** has benefited from great visibility, resulting in 15 new members to be inducted!

1 - <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>

2 - <https://www.santepubliquefrance.fr/content/download/143122/2123614>

3 - SOURCE : World Health Organisation

PROJECT ACHIEVED BY:

- Raising awareness in the field,
- Collaborating with key players,
- Targeting needs and offering a sustainable alternative.

WOMEN & GIRLS REACHED:

100 000

FUNDS RAISED BY THE CLUB:

5 000 €

FUNDS RAISED BY PARTNERS:

26 000 €

PARTNERS:

Regional Union of Health Professionals and Pharmacists of French Guyana and the College of Cardiology of French Guyana





SUSTAINABILITY

Improve environmental sustainability for the specific needs of women and girls

Soroptimists help improve the environment and promote sustainability



A VISIONARY TAKE ON AIRPORT WASTE
(Bergamo Orio al Serio International Airport)
Club of Bergamo - ITALY

RUNNERS-UP:



Booklet regarding environment
Soroptimists from Aalst, Belgium

Members of SI Aalst are convinced that everything starts with awareness-raising, thus, the Soroptimists created a booklet with tips and tricks to improve behaviours towards environment and nature.



Meerbusch goes Future
Soroptimists from Meerbusch, Germany
(with SI Kaarst, Essen-Süd and Dessau-Wörlitz)

The Club decided to become climate neutral by avoiding, reducing and offsetting CO2 emissions. The Soroptimists have implemented this principle by getting involved in a land use and forestry project in Myanmar.



Le « projet de Verdun »
Soroptimists from Strasbourg, France (with SI Metz and 17 other European and French clubs)

The goal of the project is to plant 11,000 trees over 5.5 hectares in the exceptional forest of Verdun, paying tribute for the centenary of Soroptimist International to Suzanne Noël and women.

SUSTAINABILITY

TOP PROJECT

A VISIONARY TAKE ON AIRPORT WASTE (Bergamo Orio al Serio International Airport)

Club of Bergamo - ITALY

Reducing waste means saving the planet's exhaustible resources, as well as limiting the impact of production and management. This is what motivated the Soroptimists of Bergamo, who have conceived and implemented an ingenious initiative with their C&C project (Culture & Cultura): The education of women for eco-sustainable crop cultivation – Education and fight against waste.

The project educates people about food and crops, from production to the consumption of quality food, while avoiding waste. This initiative, which has been in progress since August 2019, also plans the collection of objects and food that do not comply with airport security or are left in lost and found. Everything collected is divided, weighed, verified, cleaned and redistributed for new life to those who need it.

In December 2020, at the Bergamo Orio al Serio International Airport (commonly known as the Milan/Bergamo airport), Soroptimists recovered and redistributed in collaboration with the association [Mt 25](#) and other partners:

- 12 boxes (about 70kg) of personal hygiene products,
- 16 boxes (about 36 kg) of food and drink,
- 82 suitcases (among which 60 full of clothing, toys, books, etc.)
- 19 boxes (about 150 kg) of metal objects.

These products have been redistributed to schools and associations.

In addition to the activities at the airport, SI Bergamo gathered and connected with 41 clubs of the Italian Union in 'The education of women for eco-sustainable crop cultivation' network.

The **C&C Environment working group** of the Club of Bergamo is active in promoting the initiative at other airports and will seek synergies with airport authorities to extend the project.



PROJECT ACHIEVED BY:

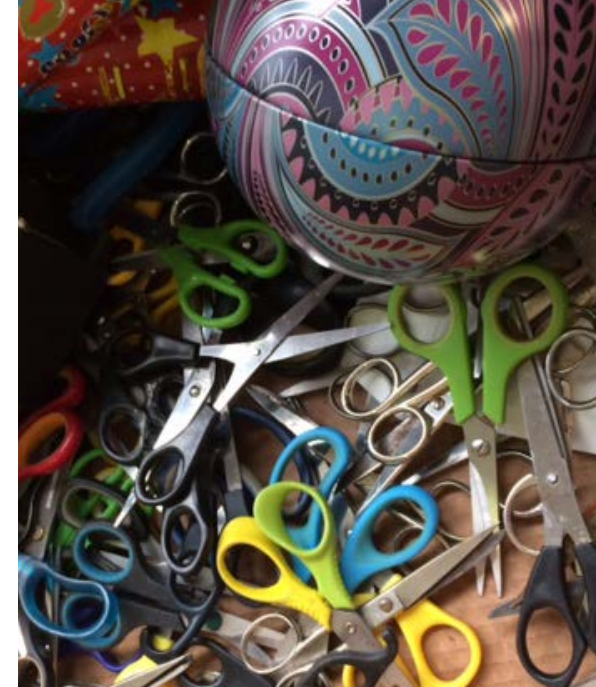
- Promoting an eco-sustainable culture,
- Getting involved in a visionary initiative in a structured way,
- Making every effort to develop the project on a larger scale.

WOMEN & GIRLS REACHED:

200

PARTNERS:

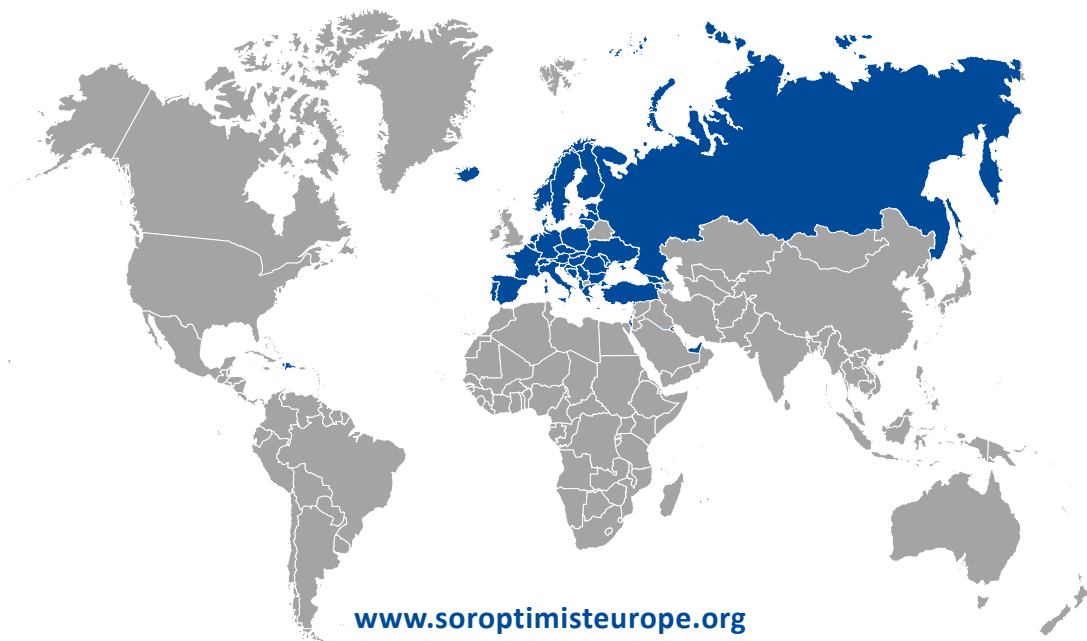
SACBO (management company Orio al Serio Airport (BG) Bergamo/Milan), Mt 25 onlus, Banco Alimentare, Casa Circondariale, the Municipality of Bergamo, and two primary schools in Bergamo.









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