



# Foundation Plan

## Project Growing Up!

## Index

<b>Masterplan</b> .....	<b>3</b>
Introduction.....	3
Mission .....	3
Vision.....	3
Target/ Goal.....	3
Strategy.....	3
The board .....	5
Funds.....	5

## Masterplan > Introduction

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Thank you for reading this plan that describes Project Growing Up. Project Growing Up is a non-profit organization that wants to benefit societies by empowering those who are its future. Project Growing Up aims for empowerment among youth. Teaching them to how use their own strengths and knowledge to deal with personal challenges. The foundation always takes the students cultural and social standards or boundaries into consideration. We work towards a better future by strengthening people so that they can live their own life instead of telling them how to live their life.

## Masterplan > Mission

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Project Growing Up is a non-profit organization that creates and offers education, customized to different cultural standards, in developing countries. These educational programs focuses on subjects important to youth while growing up: sexuality, puberty, self-image, hygiene, healthy lifestyle, bullying and more.

## Masterplan > Vision

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Project Growing Up stands for empowering and challenging youth by ways of education. The projects provide tools for them to deal with personal challenges while growing up. Cultural aimed education works best to connect with adolescences. Above all this foundations believes education is the most sustainable way of development.

## Masterplan > Target/ Goal

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From 2022 each calendar year at least six voluntary trainers will implement one customized project in a developing country. Besides this the foundation aims to implement at least one voluntary project every year as well. To create as much diverse teaching material as possible, Project Growing Up aims to expand the number of countries in which they offer their courses. This way the Growing Up method can be customized to a wide variety of cultural backdrops.

In total there will be 7 projects to be executed every calendar year.

## Masterplan > Strategy

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The foundation and its board annually chooses a country where to visit, study and implement a new project. All projects are carried out by trained Project Growing Up tutors.

New projects or proposing organizations are recruited online or via the existing network of other NGO's, preferably small-scale organizations who also focus on educating youth, for example a children's home, schools or colleges or youth establishments.

All Growing Up programs are created for youngsters worldwide between the age of 8-22 years old. A program has a variety of topics and is always customized to the target group, the culture and time-table of the addressing organization.

At present Growing Up has the following topics in its curriculum:

Puberty (physical changes, self-image, healthy lifestyle, hygiene and menstruation)

Sexuality (ITD's, contraceptives and abuse)

Family planning (early pregnancy, parenthood)

Empowerment

Social Media (sexuality in social media, consequences to self-image, grooming)

Bullying

Millennium goal clean drinking water (healthy drinking water, waste)

Other topics are negotiable and can be developed and implemented.

Another option for an organization is the so-called "train-the-trainer" program. This program educates teachers, mentors or other employees, so they themselves become Growing Up tutors. This program is both theoretically and practical.

Project Growing Up only extends "train-the-trainer" certificates to tutors who respect and preserve stated goals and methods. Only respectful tutors can maintain and continue the quality and aims of Growing Up.

Project Growing Up strives to work by means of donations only. All voluntary projects, as well as the accompanying guidance and preparations are funded by donations. We are looking for as much sponsors and other organizations that we can partner with.

Project Growing Up also provides services in form of training sessions that generate a steady income. This enables us to continue with the above mentioned projects and any other general business. Any school or organization that is interested can purchase a training and/or train the trainer package as well as its execution. All packages are customized to the needs of the organization or school.

Project Growing Up educates motivated volunteers from the age of 21 and up and makes them familiar with the Growing Up training method. This way our volunteers boost their self-confidence and are ready to accept a challenge abroad. We empower our volunteers to empower others

not only by educating them but also by guiding them through the process of implementing their newly developed skills abroad.

This paid course and consulting service consists of a custom made trajectory that depends on the amount of time a volunteer will spend abroad and the pre existing knowledge someone has. But it consists of a minimal of 2 months of training during which there will be several meetings between the volunteer and the Growing Up staff. Not only will a volunteer be made familiar with the methods of empowerment but he or she will also be supported when it comes to all the practical things that will need to be arranged before someone can leave for his or her destination. For example contacting of NGO's abroad (Suriname, Filippijnen, Indonesië, Molukken), support in obtaining visa, the proper insurance, tickets etcetera. We also make sure someone is aware of the cultural difference they may encounter and how to respond to those differences. All this to make sure our volunteers are safe to travel and well equipped to succeed.

We recruit our volunteers through social media and our network of contacts with other non profit organizations. To ensure our vital work can be done in the future finding new volunteers is of the utmost importance. Because of this a lot of time is invested in growing and sustaining our network.

To create brand awareness and expand the foundations (social) network the project executive will connect with companies and other foundations. The foundations website, social media like Facebook and Instagram will also contribute to a broad network.

Project Growing will also contribute to- or initiate events to inform potential clients or create awareness.

## Masterplan> The board

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Project Growing Up consists of a minimum of 3 voluntary board members. All board members have a certain affinity with the foundation and contribute to it by way of sharing their qualities and ideas. The board gathers at least twice a year to hold session.

The board consists of a chairman, secretary, treasurer and two committee members. Daily tasks are managed by the project executive, who also founded the foundation.

Her tasks include all that is required to pursue the target goals of the foundation. This contains creating and improving (new) curriculum, recruiting and guiding volunteers who'll carry out a project abroad and (social) networking locally and abroad.

## Masterplan> Funds

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Growing Up is a non profit organization. All income goes towards funding our mission.

The foundations primary expenses will be: outsourcing book keeping, salary project executive, projects abroad, social media (webhosting), merchandising. These expenses will be paid for

through gifts or additional services of Project Growing Up. The treasurer publishes a financial report yearly.