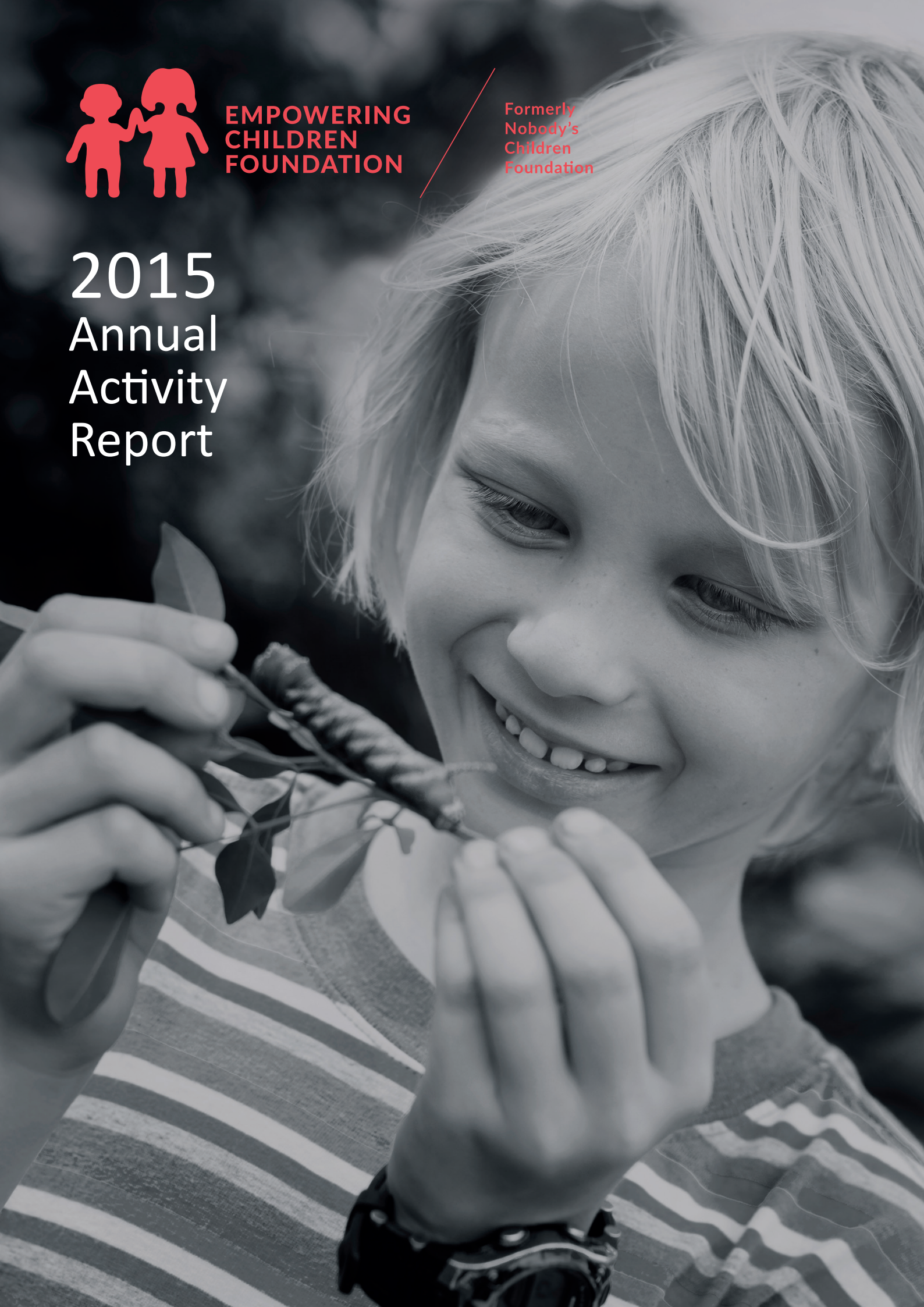




**EMPOWERING
CHILDREN
FOUNDATION**

Formerly
Nobody's
Children
Foundation

2015 Annual Activity Report



The Empowering Children Foundation (formerly Nobody's Children Foundation) exists to ensure a safe childhood to every child. We protect children from abuse and help child victims.

We carry out our mission by:

- Teaching adults how to treat children without abuse
- Showing them what to do when they suspect a child might have been abused
- Teaching children how to avoid violence and abuse
- Offering psychological and legal help to abused children and their caregivers
- Modifying the Polish law to ensure the best possible protection of children's interests.

In 2015 the Foundation carried out the following programmes and projects:

Irena Kornatowska Child Advocacy Centre

Programme carried out since 2003

Goals: To provide interdisciplinary help for child victims and their families or caregivers.

Main activities: psychological, psychiatric, and legal help for child victims and their families, supporting professionals who help child victims.

Programme activities in 2015:

- Psychological and pedagogical consultations, psychiatric consultations, legal advice, and individual therapy for child victims, their parents, and caregivers; crisis intervention in cases of suspected crimes against children (especially child sexual abuse and other forms of abuse)
- Consultations for professionals (psychologists, pedagogic counsellors, health care professionals, and social workers) who identify or suspect offenses against children or child abuse
- A course on preparing forensic psychological opinions in cases involving children (120 hrs., 20 participants)
- Training for students of the Warsaw Medical University on child abuse prevention (75 hrs., 330 participants)
- Training for professionals from all over Poland (750 participants)
- Running a psycho-educational group for parents and a support group for mothers of sexually abused children (19 participants)
- Running a socio-educational group and two socio-therapeutic groups for children and young people (25 participants)
- Conducting group sessions for children with symptoms of PTSD and for their parents (the Trauma Focus programme) (11 participants)
- Carrying out a programme to support young people's autonomy and self-reliance, Accordeon Samodzielności (Accordeon of Self-reliance)
- Running individual and group meetings for children and parents: Preparation of child victims and witnesses for interviews (80 participants)
- Consultations for mothers of immigrant children at centres for foreigners

- Supervision for professionals of the Warsaw Network for Helping Children, psychology court experts, employees of residential care institutions, employees of centres for refugees/foreigners, and other professionals
- Running a Child Friendly Interview Room (149 interviews)
- Forensic psychological examinations
- Welfare services for the centre's clients (47,332 PLN)
- Coordinating the Warsaw Network for Helping Children
- Participating in meetings of multidisciplinary teams
- Carrying out a trainee programme.

The programme in numbers in 2015:

- **1,619** individual meetings (diagnostic, therapeutic, and counselling sessions with a psychologist/therapist) with children
- **1,653** individual meetings (diagnostic, therapeutic, and counselling sessions with a psychologist/therapist) with adults
- **530** telephone consultations for professionals and clients
- **384** legal consultations (personal, on the phone, and by email)
- **227** psychiatric consultations for children, young people, and parents.

In 2015 the programme was funded by:

- Warsaw City Hall, Social Policy Bureau
- Ministry of Justice
- European Commission
- Accor Foundation
- OAK Foundation
- Polish Television (TVP)
- Compensatory damages
- Donations of 1% of personal income tax
- Foundation's own funds.

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Warsaw Network for Helping Children

Programme carried out since 2010



Goals: To improve access to assessment/diagnosis and intervention in cases of suspected sexual abuse and to psychological help for sexually abused children.

Main activities: Assessment/diagnosis, intervention, and psychological help in cases of child sexual abuse; consultations for parents and professionals in situations of child sexual abuse.

Programme activities in 2015:

The Warsaw Network for Helping Children comprises 27 institutions located in all districts of Warsaw, providing psychological help in cases of child sexual abuse. The Network's activities are coordinated by the Nobody's Children Foundation. Therapists of the Irena Kornatowska Child Advocacy Centre have trained psychologists and pedagogic counsellors working at the Network's institutions and conducted supervision sessions for them. Furthermore, the Centre organizes training, workshops, and seminars for professionals from the Network's institutions. Once in two months special monitoring meetings are organized for coordinators and representatives

of the Social Policy Bureau and the Education Bureau of the Warsaw City Hall.

The programme in numbers in 2015:

- 5 meetings to monitor the activity of the Warsaw Network for Helping Children (WNHC)
- Organizing a conference "5 Years of the Warsaw Network for Helping Children" for **100** participants
- **10** supervision sessions during which 43 cases of sexually abused children were discussed
- **1,141** consultations for professionals within the WNHC
- **7** legal interventions in cases of suspected child sexual abuse
- **3,655** individual sessions (assessment/diagnostic, therapeutic, and counselling) with children
- **2,331** individual sessions (assessment/diagnostic, therapeutic, and counselling) with parents.

In 2015 the programme was funded by:

- Warsaw City Hall
- Donations of 1% of personal income tax
- Foundation's own funds.

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"Good Parent – Good Start"

Programme carried out since 2007

Goals: To protect young children (0–6) from abuse by supporting and educating their parents/caregivers in parenting without violence; to promote good parenting.

Main activities: Direct support for parents with young children (education, psychological help, workshops); support for professionals working with parents of young children; supporting multidisciplinary work.

Programme activities in 2015:

- Direct help for families with high risk of abusing young children (consultations, workshops, educational meetings, Active Mondays, online counselling centre, website) and for young children who have experienced abuse
- Coordinating the Local System for Preventing Abuse of Young Children operating in all districts of Warsaw
- Training, seminars, and supervision for professionals (social workers, nurses and midwives, psychologists, police officers, and probation officers)
- 8th National Conference "Child – Handle with Care! Preventing Abuse of Young Children" in Warsaw
- Organization of parenting skills workshops ("Without Spanking: How to Set Boundaries with Love and Respect", "Being a Mum", "Chaos Management", "Effective Parenting according to T. Gordon", "Attachment", "Being a Father, Being a Person", "Fathers' Meetings", "Support at the start")
- Carrying out the "Volunteer in the Family" project
- Developing and distributing publications for parents
- Running a webpage dobryrodzic.fdn.pl
- Running a trainee programme.

The programme in numbers in 2015:

- **1,024** psychological consultations for parents and children
- **28** education meetings attended by **217** parents
- **17** Active Mondays attended by **57** parents and **59** children
- **16** parenting skills workshop groups attended by **137** caregivers
- **28** training courses and seminars attended by **466** professionals
- **450** participants of the 8th National Conference "Child – Handle with Care! Preventing Abuse of Young Children"
- Additional printing and distribution of about **70,000** copies of education materials for parents and professionals
- **109,029** visits on the programme's website dobryrodzic.fdn.pl
- **14** trainees in the trainee programme.

In 2015 the programme was funded by:

- World Childhood Foundation
- VELUX Foundations
- Warsaw City Hall, Social Policy and Social Projects Bureau
- Bridgepoint
- Departments of Social Affairs and Health Care at district offices at: Żoliborz, Wesoła, Mokotów, Ursynów, Śródmieście, Ochota, Włochy, Białołęka, Ursus, Bielany, Praga Południe, Targówek
- Donations of 1% of personal income tax
- Foundation's own funds.

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"We Protect Children"

Programme carried out since 2010



"We Protect Children" is an original child abuse prevention programme carried out by the Nobody's Children Foundation in cooperation with the Ministry of National Education and local authorities. The goal of the programme is to protect children from violence inflicted by adults (such as parents or institutional staff) at educational institutions (schools, kindergartens, day care centres, NGOs, and other institutions). The programme is carried out by implementing the child protection standards defined in the Child Protection Policy adopted by institutions. Institutions that meet the standards of protecting children from abuse are granted "We Protect Children" certificates.

Programme activities in 2015:

- Consultations for professionals on how to implement the programme and how to develop a child protection policy
- Managing the process of granting certificates to education, care, and other institutions that meet the child protection standards
- Training for professionals on topics including: assessment and intervention in cases of child abuse, standards of implementing a child protection policy in institutions, legal aspects of child protection, and preparation for conducting classes for children and parents
- Organizing local conferences about "We Protect Children"
- Creating and coordinating a network of institutions supporting the activities carried out within the "We Protect Children" programme
- Running the programme's website chronimyczydzieci.pl.

The programme in numbers in 2015:

- 135 training courses for professionals working at education institutions
- 2,235 trained professionals
- 2,263 institutions in the certification process
- 111 certificates granted
- 8 conferences inaugurating the programme in provinces, attended by 1,061 participants
- 17 organisations and institutions associated within the National Network "We Protect Children"
- 2 editions of an 80-hour Course on Child Abuse Prevention for organisations associated in the National Network "We Protect Children" (35 graduates)
- Developing 6 multimedia presentations and 6 e-learning courses on protecting children from abuse
- Additional printing and distribution of 17,750 copies of educational materials (brochures, leaflets, posters, lesson and training plans).

In 2015 the programme was funded by:

- Ministry of National Education with the government programme "Safe and Friendly School" for 2014–2016
- Energa Foundation
- Orange Foundation
- Mokotów District Office
- Wola District Office
- Donations of 1% of personal income tax
- Foundation's own funds.

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Programme for Child Refugees

Programme carried out since 2015

Goals: To prevent the abuse of foreign children whose families are seeking international protection in Poland.

Main activities: Implementing the standards of child protection at centres for immigrants/foreigners, increasing the knowledge of the centres' staff about protecting children from abuse and helping children at risk, improving parenting skills among foreign children's parents, providing children with knowledge about how to avoid risky situations and where to seek help and support.

Programme activities in 2015:

- Conducting educational meetings for mothers and fathers staying at centres for foreigners in Dębak and Linin
- Educational meetings for children staying at centres for foreigners in Dębak and Linin
- Training for employees of centres for foreigners on the problem of child abuse and the policy of protecting children from abuse
- Adapting the "10 Steps" leaflet into Arabic, English, Russian, and Ukrainian
- Developing a model policy of protecting children from abuse at centres for foreigners

- Developing a manual for the implementers of the "We Protect Children" programme at centres for foreigners
- Organizing a psychologist and lawyer's duty for employees of centres for foreigners.

The programme in numbers in 2015:

- 145 participants of educational meetings for parents and children
- 30 participants of training for employees of centres for foreigners
- 3,000 copies of the "10 Steps" leaflet in 4 language versions.

In 2015 the programme was funded by:

- Office for Foreigners, Social Services Department
- Donations of 1% of personal tax
- Foundation's own funds.

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Helpline programme

(116 111 Helpline for Children and Young People and 800 100 100 Helpline for Parents and Teachers on Keeping Children Safe)

Programme carried out since 2007



Goals: To help children and young people in need of support, care, and protection; to help parents and teachers who need support and information in helping children who face problems or difficulties.

Main activities: Telephone and online support for children and young people in difficult situations, telephone and online consultations for parents and teachers on how to keep children safe; education and promotion efforts encouraging people to seek help and use the helplines' services.

Programme activities in 2015:

- Operating a free helpline 116 111, 7 days a week, 12.00 to 20.00
- Operating a free helpline 800 100 100 – Monday to Friday, 12.00 to 18.00
- Running the programme's website www.116111.pl and anonymous online counselling for persons who used the "Ask us a question" bookmark or the live chat on www.116111.pl
- Running the www.800100100.pl website and online counselling for parents and professionals on keeping children safe
- Preparing and conducting two trainee programmes
- Organizing a celebration of the International Child Helpline Day
- Participating in picnics and educational meetings for children and parents

- Providing lectures and workshops for professionals on the services of the 116 111 Helpline and educational tools to be used when working with children and young people.

The programme in numbers in 2015:

- 133,860 phone calls from children and young people
- 13,429 phone calls from adults
- 7,605 online consultations for children (online help and a chat);
- 217 online consultations for adults
- 116 interventions in situations threatening the life or health of persons contacting the helpline's team
- Participation and presentation of the helplines' activities during more than 30 conferences and training courses for professionals in Poland and abroad.

In 2015 the programme was funded by:

- Ministry of Internal Affairs
- Ministry of National Education with the government programme "Safe and Friendly School" for 2014-2016
- Orange
- ENERGA Foundation
- Onet.pl
- RB
- Warsaw City Hall
- European Commission
- Donations of 1% of personal income tax
- Foundation's own funds

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Grant Programme "Safe Childhood"

Programme carried out since 2010

From 2010 to 2012 the Nobody's Children Foundation carried out a grant programme "Safe Childhood", funded by the Velux Foundations. The programme was targeted at NGOs that support local communities in protecting children from violence and abuse. The "Safe Childhood" programme supported the implementation of projects in the areas of keeping children safe online, preventing abuse of young children, and helping child victims of crime and abuse. The programme is being continued in the years 2013-2017.

Programme activities in 2015:

- Collecting applications for the 3rd edition of the grant competition 2015/2016
- Coordinating meetings of grant recipients
- Coordinating regional conferences
- Developing the 2010-2015 report from the programme.

The programme in numbers in 2015:

- 258 applications for the 3rd edition of the 2015/2016 "Safe Childhood" competition
- Subsidies for the implementation of 56 projects.

In 2015 the programme was funded by:

- VELUX Foundations
- Donations of 1% of personal tax
- Foundation's own funds.

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Child in the Web

Programme carried out since 2004

Goals: To prevent online risks to the youngest internet users; to help children who face online threats; to assess the scale and characteristics of online threats to children.

Main activities: Education projects, media campaigns, telephone and online help, research and analyses.

Programme activities in 2015:

- Organizing the national celebrations of the Safer Internet Day
- Organizing the 9th International Conference on Keeping Children and Young People Safe Online"
- Organizing expert seminars: "Risks related to parents publishing content about their children on the Internet" and "Hate speech and children's and young people's safety online" – on inappropriate Internet use among children and young people; training courses for young people
- Developing and distributing lesson plans on the safe use of new technologies, within the "Hate Free Internet" programme: "Instead of hate", "Hug a hater", and Hate free Internet"
- Developing, producing, and distributing issues no. 7 and 8 of Numa Numa, a magazine for young people, and Się Wie (Sure thing), a magazine for children
- The final of the "Operation Dehatement" contest
- Carrying out social campaigns: "I think so I'm not sending", "Add a friend", "Hug a hater", "Mum, Dad, Tablet" and "Think before you buy"
- Organizing a series of picnics "Sieciaki na wakacjach" (Web Kids on Holiday) and coordinating the project "Sieciaki w Twoim mieście" (Web Kids in your hometown)
- Making and distributing an education video for young people For Ever
- Making and distributing an education video for adults Sexing
- Organizing the Youth Panel – consulting meetings with young people

- Providing lectures and workshops for professionals about children's safety on the Internet
- Conducting research on sexting among young people
- Distributing the "Sieciaki na wakacjach w twoim mieście" and „Safer Internet Day” packages, as well as education materials
- 7 trainees in the trainee programme within the Sieciaki.pl project.

The programme in numbers in 2015:

- More than **4,300** professionals attended training courses and conferences
- More than **36,000** new registered users of Sieciaki.pl
- More than **1,200,000** visits to Sieciaki.pl
- More than **195,000** visits to Necio.pl
- More than **10,000** downloads of BeSt, a safe Internet browser for children
- Over **27,000** participants in e-learning courses.

In 2015 the programme was funded by:

- European Commission
- Orange Foundation
- BIK Net
- Facebook
- National Council for Radio and TV Broadcasting
- ITU
- Overmax
- Donations of 1% of personal tax
- Foundation's own funds.

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Childhood without Abuse

Programme carried out since 2005

Goals: To improve the child protection system in countries of Eastern Europe through increasing professionals' skills, helping child victims and their families, and raising public awareness. Since September 2014 the programme has focused on preventing sexual abuse of children and young people.

Main activities: Social campaigns, training, and supervisions provided by Polish and foreign experts; publications targeted at professionals, parents, and children; participating in conferences and study visits. The programme has been carried out in partnership with NGOs in Bulgaria, Lithuania, Latvia, Moldova, and Ukraine. Running an English-language website www.canee.net.

Programme activities in 2015:

- Organizing and coordinating project meetings
- Training courses and supervisions for professionals
- Organizing the "GADKI" campaign
- Running an English-language website www.canee.net
- Coordinating research conducted in partner countries on attitudes towards commercial exploitation of children, research of parents with young children on education about the risks of

sexual abuse, and research on the relationship between child sexual abuse and risky sexual behaviours in adulthood

- Desk research on child sexual abuse prevention programmes in Poland.

In 2015 the programme was funded by:

- OAK Foundation
- Donations of 1% of personal tax
- Foundation's own funds.

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Preventing Commercial Exploitation of Children

Programme carried out since 2004

Goals: To prevent commercial child exploitation by raising awareness and knowledge among professionals and the society as a whole.

Main activities: Organizing and providing training for professionals, raising awareness through publications and a dedicated website, assessing the efficiency of the system for protecting child victims of trafficking and children at risk, lobbying efforts for implementing model solutions and initiating a public debate about the situation of children at risk of commercial exploitation.

Programme activities in 2015:

- Training courses for professionals about commercial exploitation of children (tourist trade employees, police officers, border guards, teachers)
- Classes and lectures for students of tourism
- Participating in seminars and conferences about preventing commercial exploitation of children, including human trafficking, and about the problem of unaccompanied children and refugees
- Participating in the activities of the Working Group of the Ministry of Internal Affairs' Team for Combating and Preventing Human Trafficking and of the Expert Group on Prevention.
- Taking Part in the activities of the Separated Children in Europe Programme (SCEP)
- Cooperating with ECPAT International

- Membership in CSW Watch Coalition, a coalition of NGOs dealing with corporate social responsibility
- Taking part in a network of NGOs active in combating human trafficking
- Running websites: stopwykorzystywaniu.fdn.pl, kodeks.fdn.pl, www.canee.net, stopseksturystyce.fdn.pl.

The programme in numbers in 2015:

- 378 participants in training on child trafficking and commercial exploitation of children.

In 2015 the project was funded by:

- Orbis Hotel Group
- Silicon Valley Community Foundation
- SABRE
- EuropeAid,
- ECPAT International
- Donations of 1% of personal tax
- Foundation's own funds.

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Research Department

Goals: To expand knowledge about child abuse; to prepare assessments and expert evaluations for programmes carried out by the Nobody's Children Foundation.

Main activities: Assessing the situation of children in Poland, especially in terms of abuse; evaluating the Foundation's activities.

The department's activities in 2015:

- Coordinating all research activities conducted within other programmes
- "Uniformed fathers": qualitative and quantitative research on the role of the father in the professional group of uniformed fathers in Poland
- "Violence at centres for foreigners": a qualitative study conducted among employees of the Office for Foreigners, concerning the problem of violence and child abuse at centres for foreigners, as well as general knowledge about the problem and attitudes toward it
- "The child protection policy and related needs at schools and other educational institutions": qualitative research
- "Opinion survey of institutions implementing the programme We Protect Children"
- "Online help for children at risk. Analysis of problems reported by children: a qualitative and quantitative study (analysis of messages sent by children and young people to the Helpline for Children and Young People in Poland)
- "Online help for children at risk. Analysis of problems reported by children: a qualitative and quantitative study (comparative

analysis of messages sent by children and young people to the Helpline for Children and Young People in Poland, the Czech Republic, Slovakia, and Hungary)

- "Use of mobile devices by young children": qualitative research
- Evaluating the NCF's training courses and social campaigns.

The programme was funded by:

- European Commission
- Millward Brown
- Ministry of National Education
- Polish Foundation for Children and Youth (EEA Grants)
- OAK Foundation
- World Childhood Foundation,
- Visegrad Fund
- QSR International
- Bridgepoint,
- Donations of 1% of personal income tax
- Foundation's own funds.

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Legal Department

Goals: To provide legal help for the Foundation's clients and in-house legal advice/services; to improve the situation of children participating in legal procedures through education and raising awareness among professionals.

Main activities: Personal, telephone and online consultations for the Nobody's Children Foundation's clients; handling the legal aspects of the Foundation's programmes and undertaking legal interventions. As part of the "Child Friendly Justice" programme – granting certificates to Child Friendly Interview Rooms to improve the quality of facilities where children are interviewed; conducting training for judges, prosecutors, police officers, and court experts, as well as for psychologists and pedagogic counsellors on how to prepare children for interviews and how to interview children; publishing activity targeted at professionals, parents, and child witnesses.

The department's activities in 2015:

- Direct help for parents/caregivers of child victims and children involved in legal procedures
- Handling the legal aspects of the NCF's programmes
- Lobbying for changes in the child protection law
- Training for professionals
- Legal workshops for parents of child victims of crime
- Participating in the work of the Monitoring Team for Counter-acting Domestic Violence at the Ministry of Labour and Social Policy
- Participating in multidisciplinary teams and working groups
- Carrying out the project "Child Victim Advocate"
- Coordinating the Foundation's activities within the Week for Helping Victims of Crime
- Coordinating meetings of the NCF's council of experts
- Publishing articles on children's participation in legal procedures
- Taking part in seminars and conferences concerning children's participation in legal procedures
- Granting certificates to Child Friendly Interview Rooms

- Organizing the 12th National Conference "Helping Child Victims of Crime"
- Running a subpage on protecting children involved in criminal procedures
- Carrying out a national campaign "Interviewing Children Is an Art"
- Making an educational video for children on testifying in a criminal case.

The programme in numbers in 2015:

- **523** professionals from all over Poland participated in the 12th National Conference "Helping Child Victims of Crime"
- **384** legal consultations for parents/caregivers and professionals
- **137** telephone/email consultations for parents/caregivers and professionals
- **35** facilities in the process of granting the Child Friendly Interview Room certificates
- **180** professionals from all over Poland participated in training on professionalising the methods of preparing and interviewing children in criminal proceedings
- **6** academic and popular science publications.

In 2015 the programme was funded by:

- Batory Foundation
- Ministry of Justice
- World Childhood Foundation
- Embassy of the United States of America
- Polish Foundation for Children and Youth
- Donations of 1% of personal income tax
- Foundation's own funds.

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Education and Training Department

Goals: To coordinate the NCF's education activities.

Main activities: Organizing NCF's training and conferences; running educational platforms: edukacja.fdds.pl, edu.fdds.pl

The department's activities in 2015:

- Running educational platforms: edukacja.fdds.pl, edu.fdds.pl
- Co-organising training and conferences, recruiting and providing services for participants
- Supporting the Foundation's programmes by organising conferences, training, and other educational events
- Standardisation of the training process
- Cooperating with trainers
- Supporting the Foundation's programmes by developing and updating publications
- Running the trainee programme
- Coordinating the Orange Business Volunteer project
- Promoting educational materials and events
- Monitoring and reporting educational events
- Organising internal training and conferences for the Foundation's staff.

The department in numbers in 2015:

- More than **33,000** unique users and **540,000** visits on the educational platform edukacja.fdn.pl
- **6,235** registrations for educational events
- **7,676** new users of edukacja.fdn.pl
- More than **2,600** unique users and **47,000** visits on the e-learning platform edu.fdn.pl
- More than **79,000** unique users and **145,000** on the e-learning platform fdn.pl/kursy
- Over **27,000** users of e-learning courses
- **4** editions of the trainee programme, **10** trainees
- **145** training courses and conferences managed via the educational platform edukacja.fdn.pl.

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Dziecko krzywdzone

Abused Child: Theory, Research, and Practice is a periodical published by the Nobody's Children Foundation, a multidisciplinary quarterly journal. Its main goal is to expand knowledge about different aspects of child abuse among professionals including psychologists, educators, paediatricians and other health care professionals, lawyers, policy makers and others. The quarterly cooperates with international periodicals focusing on the problem of child abuse, such as Child Abuse and Neglect and Child Maltreatment.

“Abused Child. Theory, Research and Practice” is included in the Ministry of Science and Higher Education's list of academic journals (part B, 99 points).

In 2015 three issues of the quarterly were published: vol. 14, No. 1, 2, 3.

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Public Relations Department

Goals: To create the NCF's image, to support the Foundation's programmes through media activities and activities targeted at the general public.

Main activities: Organizing events related to the Foundation's activity; coordinating media campaigns; media relations, branding.

The department's activities in 2015:

- Providing communication and promotion support for the 1% campaign
- Organizing the 5th edition of the Alina Margolis-Edelman Award Ceremony
- Organizing press conferences and briefings

- Organizing the NCF's stand at fairs, festivals, conferences, and other events
- Coordinating the GADKI campaign.

2015 in numbers:

- 13,980 media publications about NCF.

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