

# GRATITUDE REPORT

## 2022

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The year in which 35 omamas helped with the development of 710 children and the FILIP Programme was fully launched in the first four communities.

way  
out







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# The Omama Programme

## 2022



710 children

35 omamas

25 communities



**IRMA**

😊 20 children  
📍 Moldava nad Bodvou



**MONIKA**

😊 20 children  
📍 Moldava nad Bodvou



**SOŇA**

😊 14 children  
📍 Bôrka



**IVETA**

😊 20 children  
📍 Sirk



**MONIKA**

😊 20 children  
📍 Raslavice



**ANKA**

😊 20 children  
📍 Rokycany



**ERIKA**

😊 28 children  
📍 Chminianske Jakubovany



**BLANKA**

😊 20 children  
📍 Hrabušice



**BLAŽENKA**

😊 20 children  
📍 Križová Ves



**JANKA**

😊 20 children  
📍 Stará Ľubovňa



**MÁRIA**

😊 20 children  
📍 Stará Ľubovňa

**ŽANETKA**

😊 14 children

📍 Bačkov

**DRAHUŠKA**

😊 20 children

📍 Kečerovce

**DENISKA**

😊 20 children

📍 Kečerovce

**ANKA**

😊 20 children

📍 Kečerovce

**MONIKA**

😊 20 children

📍 Košice,  
Luník IX

**NICOLKA**

😊 20 children

📍 Boliarov

**IVETKA**

😊 14 children

📍 Muránska  
Dlhá Lúka

**SOŇA**

😊 20 children

📍 Jelšava

**HEĎA**

😊 20 children

📍 Žiar nad  
Hronom

**JANKA**

😊 20 children

📍 Zvolen

**STANKA**

😊 14 children

📍 Detva

**ALENKA**

😊 20 children

📍 Čierny Balog

**ZUZKA**

😊 28 children

📍 Chmininaské  
Jakubovany

**DOMINIKA**

😊 14 children

📍 Chmininaské  
Jakubovany

**JARKA**

😊 14 children

📍 Chmiňany

**INGE**

😊 32 children

📍 Zborov

**SANDRA**

😊 28 children

📍 Zborov

**VIERKA**

😊 14 children

📍 Zborov

**ADRIANKA**

😊 28 children

📍 Veľká  
Lomnica

**MAJKA**

😊 20 children

📍 Veľká  
Lomnica

**EDITKA**

😊 20 children

📍 Veľká  
Lomnica

**JANKA**

😊 20 children

📍 Huncovce

**RADKA**

😊 28 children

📍 Stráne pod  
Tatrami

**LUCKA**

😊 20 children

📍 Rakúsy



# Our results

We have already employed  
35 omamas in 25 communities.



Omamas helped develop 710 children in total  
and completed 21557 lessons in the year.

Number of children  
in the age group  
0-3 years:

668

Number of children  
in the age group  
4-6 years:

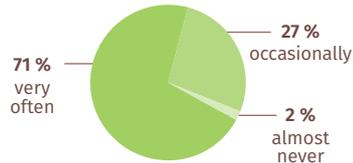
42

They organised a total of 319  
preschool clubs for older  
children (4-6 years).

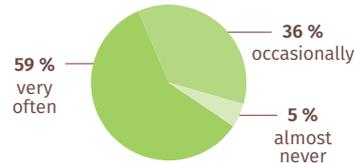
319



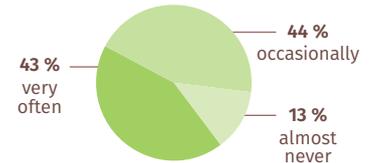
Omamas helped improve parenting skills



How parents participated  
in lessons.



How often parents  
praised their child  
during the lessons.



How the parents focused on the  
targeted child's development  
outside the scheduled lessons.



58

58 little graduates of the  
Omama Programme were  
accepted to kindergartens.



170

Throughout the year,  
omamas organized  
170 parent clubs.

# We have improved the quality of the Omama Programme

## We finished the 37+ manual and started using it

Children start in the Omama Programme from the age of 0 to 12 months. We intentionally try to start with the youngest children, so that the impact of our intervention can be as significant as possible. Initially, our manuals included activities up to the age of 3 years only. However, since kindergartens do not have the capacity to accept children before compulsory preschool attendance, many children from the Omama Programme would lose up to two years, and the effect of the work achieved by omamas would decrease rapidly. Therefore, we expanded our activities for the age of 37+ and kept children in the programme until the start of their compulsory pre-primary education. In cooperation with a non-profit organisation Budatko, our supervisor Zuzana Révészová created a manual also for older children. It is based on Montessori pedagogy and includes activities aimed at developing graphomotor skills, working memory, social and emotional development, and attention. Children enjoy these activities, because who would not want to learn something about the life cycle of a frog? :) If parents do not have the opportunity to place a child in kindergarten, such lessons represent a great chance to further develop their child's potential and thus prevent their stagnation at an older age.





## We standardised omama supervisions

**What does a “good lesson” look like? What should it contain and what should be its result? What do we want parents and children to experience in the lessons?**

Last year, our supervisors with our team searched together for answers to these questions. It has been important to us that we have a clearly defined sustainable quality standard in the Omama Programme. We, therefore, modified the supervision evaluation questionnaires to put more emphasis on the involvement of our parents, strengthening of parental competence, interactions between a parent and a child, responding to the child’s signals as well as on the creation of a safe environment. We want to bring pleasure to both children and parents, and in this spirit, we also defined the evaluation criteria for the regular supervisions.

## Screening of pre-primary education and its launch in kindergartens

**We have been interested in how Omama Programme graduates have been doing after entering kindergarten.**

Last year, the Research Institute of Child Psychology and Pathopsychology developed the Screening of Children’s Development in Pre-Primary Education, so we agreed with the kindergartens in the communities where we operate to use it for monitoring the progress of children from the Omama Programme. In August 2022, teachers and principals from kindergartens in Chminianske Jakubovany, Rokycany, Zborov, Muránska Dlhá Lúka, Raslavice and Kecerovce were methodically trained under the guidance of Magdaléna Špotáková from the Research Institute of Child Psychology and Pathopsychology. The screening based on the observations of the child throughout the year has been focused on the areas of gross and fine motor skills, graphomotor skills, emotional skills, social skills, language development, memory, attention, and basic mathematical concepts. The results of the screenings will be available at the end of the 2023 school year, but the news from the kindergartens has been already very encouraging.



## We completed the measurement of the neurodevelopment of two-year-olds with the University of Oxford

**In 2022, we completed pilot research with the University of Oxford, in which we evaluated the neurodevelopment of children at the age of 2, specifically in the areas of cognition, speech, fine and gross motor skills as well as social behaviour, using the INTER-NDA method. We compared children from the Omama Programme (98) with children from excluded communities who did not receive any intervention (99) and with children from the majority (54). A total of 251 children took part in the measurement.**



Dr Michelle Fernandes, a researcher and paediatrician from the University of Oxford as well as a co-author of the INTER-NDA methodology, summarized the analysed results as follows: „Children from the Omama Programme achieve significantly better results in the areas of cognition, motor skills and language than their peers from the settlements who are not in Omama. They still lag behind the children from the majority (so, there is still work to be done). The effect has already shown medium statistical significance, which is amazing! We don't usually see that with these types of early childhood development programmes.” The publication of the analysis in academic journals is in the process of finalisation, as well as a discussion with the experts on the impact of early childhood interventions on the neurodevelopment of children from impoverished backgrounds. We continue to use the INTER-NDA methodology for ongoing assessment of the neurodevelopment of children in the Omama Programme. The results of the pilot research have pleased us, and we have taken them as a commitment to continue to look for ways to increase the impact of our intervention on the lives of children living in poverty.



## A short film about children from generational poverty was created

**In 2022, the first short documentary film about the Omama Programme was created. A film about children whose life trajectory was changed by generational poverty. A film about why the organisation Cesta von (Way Out) was founded and what the Omama Programme is trying to change.**

In addition to the statements from various experts in neurodevelopment, it also includes kindergarten and elementary school teachers' observations about the barriers which children from poverty have to face on their way to education. It offers an insight into the "kitchen" of the Omama Programme and explains the essence of omamas' work through their experiences with lessons with parents and children. Moreover, it captures the change that happens in their own lives thanks to the employment they have had. Creating a safe environment and a relaxed atmosphere during filming can be quite a challenge, but our long-term colleagues and friends, cameraman Jakob Šteinecker and sound engineer Vahe Grigorjan mastered this task brilliantly. Respect for people combined with authentic humanity made them an unmissable duo in the settlements.

*You can watch the movie Omama on the Cesta von (Way Out) Youtube channel, or via this QR code.*





*If you haven't seen it yet, it's worth a look. By watching it you will find out that each of us can help children from generational poverty to integrate them into society.*



# About the importance of cooperation in communities

**Jarka became an omama in Chmiňany in 2022. At first, she was not sure if parents would be interested in attending lessons. In the settlement, people were not familiar with such activities, they were not used to “something happening” there.**

Jarka did some of the lessons at her home, but she also went to families' homes. Parents gradually got used to the lessons and saw that their children looked forward to them and that it helped them. Jarka's uncertainty dissipated with the increasing number of lessons. Parent clubs in Chmiňany were also a challenge. In the beginning, she organized them in the community centre, which could only be reached by detouring through the village. This was difficult for parents with multiple children. Jarka wished to do the lessons in kindergarten right in the community. She saw the value in connecting the lessons with familiarising children with the environment of the kindergarten.

In autumn, her dream came true. After permission from the mayor, the headteacher of the kindergarten in Chmiňany allowed Jarka to hold lessons directly in the kindergarten. Jarka could thus set regular lesson times. Parents started attending lessons more frequently. There was interest in parenting clubs in the kindergarten, and parents (even active grandmothers) attended in large numbers. When Jarka saw a lot of people at the parenting clubs, she said that she did not believe that it was possible to unite people in Chmiňany. She has been very happy about it. The headteacher continues to support Jarka and accommodate her needs. The last theme of the parenting club was „Let's play with the children,“ where the headteacher came to play Romani and Slovak songs on her guitar. Even though the winter season brought children's illnesses, and Jarka had to move and sometimes reschedule lessons, the Omama Programme has been stabilised in Chmiňany thanks to the support of the neighbourhood. Jarka proved that difficulties can be overcome and that helping children and parents in Chmiňany is worth the effort.



**The text was written by Jarka's mentor Majka Palenčárová.**



Mothers at the parenting club in the kindergarten



Jarka holds a lesson with Sofia in the local kindergarten.

***“I am proud of my Sofinka, how much she has learned thanks to her omama. I am happy that she can now name things in Romani and Slovak. Thanks to Jarka, I now know how to take care of Sofia, and I am happy that she will be ready for kindergarten.”***

***Sofia’s mom from Chmiňany***





## We have been developing cooperation with the government

In 2022, we also focused on strengthening relations with governmental representatives and were invited to several working groups at different ministries. **The Recovery and Resilience Plan explicitly mentioned our organisation Cesta von (Way Out) and the Omama Programme.** The Omama Programme was cited as an example of good practice under the “Better Education for All” priority.

The planned changes should strengthen the inclusion of socially and medically disadvantaged children in early childhood education. The Recovery Plan should also provide funding support, and we are currently waiting for the publication of the grant call.

**In June 2022, the Slovak government approved the National Strategy for the Development of Coordinated Early Intervention and Early Care Services for 2022-2030.**

A new early childhood education support network for families in excluded communities is being developed. We will certainly be a part of it in the coming years as well.



# They Said About Us



## Richard Marko

**CEO of ESET, a member of the board and a donor of Cesta von (Way Out)**

“In September 2022, as members of the board of the Cesta von (Way Out) organisation, we visited four impoverished communities. We had the opportunity to meet omamas, their mentors, coordinators, people who work in the FILIP Programme and practically the entire Cesta von (Way Out) team. In addition to the fact that everything was well organized, I have become convinced that the programme really works. It does not only have an immediate effect on the children’s progress; the impact of the programme is wider. Omamas first and foremost educate children and provide them with a stimulating environment. In addition, they learn a lot, have a stable job, create plans for their lives, continue in their education, get a driver’s license, are more motivated to secure better housing, and through their actions, they inspire other people around them. I am convinced that if you are thinking about supporting the Omama Programme, you cannot go wrong.”



## Terézia Cenková

**headteacher of the kindergarten in Chmiňany**

“From my long-term experience with children from socially disadvantaged backgrounds, I know that any work done at an early age is a plus before entering kindergarten. When I learned that the programme would also operate in Chmiňany, I saw it as a service to us, because the children could come to our kindergarten prepared, and then we could further help them with their development. Omama Jarka holds lessons in our kindergarten. A big benefit is that children get to know the environment and people; and when they start kindergarten, they adjust themselves better, which certainly reduces insecurities in both children and parents. I like how the parents who go to lessons in kindergarten have started to change their attitude towards kindergarten and education. At the moment, I see even bigger progress in the parents than the children. It’s their way to greater responsibility thanks to the Omama Programme.”



SIN SA ZAVISA  
**OMAMA**  
SOM TU PRE DETI  
← TU OBJAT →

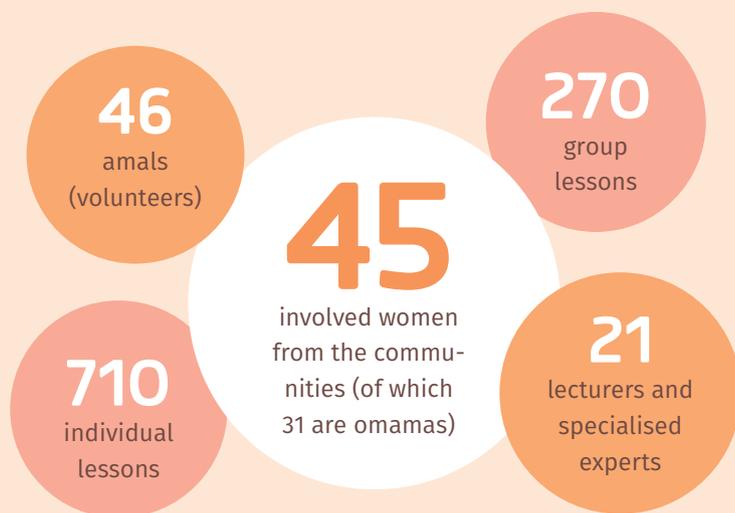
**MAMA**  
TU PRE DETI  
TU OBJAT →

# The AMAL Programme

## The second year of the AMAL Programme was also about measuring progress

**In 2022, the second year of the AMAL Programme consisted of two 5-month cycles of the Slovak language. We created our own handbook with basic information regarding the programme coordination and updated and expanded the teaching materials, topics of which were related to the omamas' work and emotional literacy.**

In the summer, 30 omamas and other women from the communities took part in language skills testing and 23 of them in narrative skills testing in the Romani and Slovak languages under the guidance of Professor Svetlana Kapalková. The results of the testing have helped us to adapt the content of the lessons according to the needs of the participants and to include concrete exercises in the course to help them develop the areas in which they need to improve. The testing showed that there had definitely been an improvement in omamas' language fluency, but we still need to work on the description of internal states and further understanding of the language.



*The results of the testing showed that 90% of amals (31 out of 35 who filled out the questionnaire) reported a better understanding of the topic of generational poverty, and 90% of the women involved from the communities (36 out of 40) reported improved IT skills and better work with information. In the narrative testing, 84% of the participants from the communities improved in at least one of the tested areas, and in the language testing, 67% of them improved or did the same from the first testing, and only one (0.01%) scored worse.*



Part of the volunteer team of the AMAL Programme.

## What the Slovak lessons gave me

”

*My name is Monika Gažiova and I have been working for Cesta von (Way Out) since June 30, 2021, in Košice, in the Lunik IX housing estate as an omama. I have 20 children between the ages of 0 and 3 with whom I work every day of the working week. Working as an omama, it is my first job that I have ever done, even though I have gone through a different professional training, I have never entered my profession, it did not fulfill me, but working as an omama has fulfilled me and it also gives me a meaning to help the most vulnerable, which are children.*

*I joined the Amal Programme because I wanted to expand my vocabulary to better understand the lectures during our trainings and to read with comprehension. The lessons took place twice a week, once with Majka our lecturer and once with my Amal with whom we repeated the topics and assignments which Majka assigned to us at the beginning of the week. I learned to express myself better, I'm not so shy anymore. I am not ashamed to speak up because I was ashamed to open my mouth because of my limited vocabulary, I can see I read better with comprehension I started reading books and I don't make so many spelling mistakes. The Amal Programme also taught me that I don't have to worry about getting the answer wrong and they don't give me a chance to correct the mistake I made. What's next I'm sure that I want to continue with the programme because I want to expand my vocabulary and my knowledge.* ”

**\*Translated with an emphasis on preserving the authenticity of the original text, as Monika wrote it in the Slovak class.**



Omama Monika with Veronika, a participant in the AMAL and Omama programmes.



In the AMAL Programme, Monika has been also improving her reading, which she uses during regular lessons with families.



Monika with mothers and children at the reading club in Luník IX.

“The AMAL Programme brought me out of the social bubble. Like the last cycle, I take away more humility. And gratitude.”  
(amal Lenka)



“I am proud that other people praise me that I am a completely different woman. When I go to our training, I’m not ashamed to talk and I can adapt.”  
(omama Deniska)

“I’m more confident, I’m not ashamed of my grammatical mistakes. Because it’s never too late to learn new things, in my opinion. Above all a good feeling from the fact that I have learned new things.”  
(omama Nicol)

“In the beginning, I could not speak I was ashamed but since I started going to the Slovak language I have improved and even now I interrupt others during our Slovak lessons.”  
(omama Monika)

*“I am proud of myself that I can talk, that I am not afraid, that I can explain, that I know more words in Slovak, that I speak better when talking to strangers, e.g. at the doctor’s office, at other offices, at school, when I am dealing with work-related papers for my husband.”*  
(omama Dominika)



July meeting of amalas and omamas in Ružomberok.

## Eva Španová

lecturer and author of study materials on Slovak as a foreign language

“Working with the Romani women, who are mediators between the Romani society and others as well as are themselves placed in the role of teachers and lecturers, is a very progressive solution.

In the long-term perspective, it can fundamentally contribute to improving the level of education of children in Slovakia... Learning language strategies, that help them understand texts correctly and formulate their own oral and written expression, enhances their personal development, opens up further opportunities for self-realization in their professional and personal life, and I believe that it will also have a fundamental impact on the children and families entrusted to them.”



# THE FILIP Programme

## We completed the first year of the FILIP Programme

**During the pilot year of the FILIP Programme, the first 45 families enrolled in the programme in four communities: Kecerovce, Chminianske Jakubovany, Veľká Lomnica and Zborov.**

Each family received a mentor – a person with whom they met once a week and who accompanied them on their journey towards their goals in the area of financial behaviour, housing, employment, debt relief, or in another specific area. There were five FILIP mentors in the first year. They developed close relationships with their families in a short time. In practice, they confirmed for themselves that the essence for a family to be willing to change their financial habits is trust, respect, and mutual relationship.

***“One of the biggest problems for those trying to get out of poverty is the ability to manage money and have at least a basic financial literacy. How can you manage something you never had before? In poverty, money is seen as an expression of personality and is used for entertainment and maintaining relationships. The idea that money also serves to ensure security is anchored only in the middle class and among the rich.”***

*Philip DeVol*





Families from Velká Lomnica involved in the FILIP Programme.

# We have created a methodology for mentors

How to help a family map out their debts and set up their repayments? How to better understand the hidden rules of generational poverty and life in it? How to help a family with their budget?

Last year, as part of the pilot year of the FILIP Programme, we collected the ideas and experiences of mentors in accompanying families and looked for ways to work more effectively with them. This is how the FILIP Programme methodology which will accompany mentors in their daily work with families has been gradually created. The methodology will help mentors:

- to better understand people living in generational poverty
- support families in solving debts
- help them with finances
- support them on their journey towards better housing



When mapping debts, mentors will be assisted by the tool “Map of Debts”, which accurately describes the entire process – which registry to start with, which institution to contact and what not to forget.

Motivational interviews which mentors use in their work with families, collected experience from family trainings, activities for community meetings and other useful tools for empowering individuals and entire families are other important parts of the methodology. We will continue to work on the methodology in the coming year, we will update and expand it.

## We were educated on generational poverty and finding solutions through the Aha!Process

In 2022, we managed to establish cooperation with the Aha!Process organisation from the USA, which has been researching generational poverty for 30 years. Through this organisation, we took part in trainings such as Bridges out of Poverty and Getting Ahead.

**Bridges out of Poverty** is a training for those who come into contact with people from generational poverty at their work. They can be officials, doctors, teachers, policemen or social workers. We explored the causes of poverty and patterns of behaviour among people living in poverty which are similar around the world. Thanks to this, we know that the solutions which work in the USA can also work in Slovakia.

The **Getting Ahead** training was about a group work directly with people living in generational poverty. Philip DeVol, co-founder of Aha!Process and a lecturer explained to us that people from poverty are the biggest experts on their lives and that if we properly engage and motivate them, they will become solvers of their own problems.

In the future, we plan to try Bridges out of Poverty and Getting Ahead in one of the communities where the FILIP Programme operates. In the next annual report, you will read what the first group of people's experiences has been. We are curious ourselves. Phil responded to our concerns by saying, "Trust the process!"



In communities, omamas, which are part of the programme, are important for gaining the trust of families. They are the leading example for others and at the same time they work on improving their own financial situation.

# We organised the first two trainings for families from the FILIP Programme

**In 2022, we organised two trainings for the involved families. The goal was to strengthen their motivation to change, get to know each other and introduce key topics such as finances and employment.**

The agenda of the meeting was aimed at the improvement of their financial behaviour, a better understanding of the causes of indebtedness as well as of how (unfavourable) loans work and how to recognize marketing practices that are not favourable for the customer, even if they appear so. A part of the training was preparation for a job interview and networking with a strong employer in the particular region.

The **5peňazí** lecturing team from the National Bank of Slovakia was a great support. From the Czech Republic, we invited lecturer Barbara Halířová, an expert in debt counselling from the Institute for the Prevention and Solution of Over-indebtedness, and various inspiring Romani people, whose strong personal life stories appealed to the families so much that some of the speakers were also requested by them for the next training in 2023.

The first meeting of the FILIP families from the four involved communities.



”

**Mr Jozef (a participant in the FILIP Programme)**

*“The lectures during the training were useful for me, especially the graphs, I learned a lot about loans and repayments. I met a lot of interesting people there; I learned a lot. It reminded me of the time when I was in prison, and they were about to release me; I attended similar meetings where we talked with priests, and I don’t know who else, about how to reintegrate into society.”*

**Mentor Viki about Mr Jozef**

*“I don’t know if the training, or if the rest of the “FILIP” is also behind it, but Mr Jozef has started to think more about the future, he wants to manage the monthly budget with his family, he wants to add another room to the house, we requested payment schedules, and so far, he is repaying debts. He wants his minor daughter and son to have separate rooms, he wants his own electricity and bathroom. He is the leader in the family, and, in my subjective opinion, he understood the essence of the FILIP. Mr Jozef has been working abroad for a long time and brings quite a decent income, but the family is currently living in a vicious cycle from which they would like to break out. We have new goals; what I like the most is how he keeps saying that things can change if they themselves want to.”*

”





## Roman Fusek

**Director of the financial consumer protection department of the National Bank of Slovakia**

“When we at the National Bank of Slovakia decided to work with Cesta on (Way out) on the FILIP project, we knew that it would not be about financial lessons at the blackboard. But only in communities did we find out how complexly the question of money is connected to human lives. Poverty is not only about the lack of money, but it is also about the lack of other capital that we in the middle class are not aware of, as we take them for granted. FILIP is a practical project, and it is great that we can already see the results of our mentors’ work with families, we see that the families themselves want to change their situation through their efforts and are gradually succeeding. To experience that even people from the National Bank can change the lives of specific people with their work so that they gradually get out of generational poverty is amazing!”





# The year 2022 in Cesta von (Way Out)

**January 1**

We employ 16 mentors and 27 omamas who work with 560 children aged 0-5 and their parents in 20 impoverished communities in Slovakia.

**January 3**

We launch the FILIP Programme in the first 4 communities. Mentors are accepting the first families from Kecerovce, Zborov, Chminianske Jakubovany and Velká Lomnica into the programme.

**January 21**

Prime Minister Eduard Heger and the Plenipotentiary Ján Hero visit omamas and mentors in Velká Lomnica.

**March 3**

The “Neviditeľný” (Invisible) campaign is launched. You donated 139,000 euros from 2% of your taxes.

**March 18**

A special event for all donors and other supporters takes place in Bratislava. **1**

**March 18-20**

A joint training for omamas and mentors in Marianka takes place. **2**

**March 26**

The fourth birthday of the organisation Cesta von (Way Out).

**March 28**

The second cycle of the AMAL Programme begins, with the involvement of over 30 volunteers. In September, in the third cycle of this programme, there are already 40 of them.

**April 7-9**

The first joint meeting of families from the FILIP Programme is organized in Sigord near Prešov. **3**





**May 5-8**

The first training for new omamas and mentors in Veľký Slavkov takes place.

**May 21**

Spring campaign Rozbehni omamy begins. 939 donors helped start the Omama Programme in new communities by donating 31,350 euros.

**June 1**

The programme expands to 7 new communities: Detva/Lovinobaňa, Brezno, Čierny Balog, Krížová Ves, Hrabušice, Stará Lubovňa and Chmiňany. 35 omamas in total help 714 children with their development in 26 communities. 19 mentors help them in their work.



**July 1**

The Omama Programme is supported with European funds for the first time.

**July 11 – 12**

We test the AMAL Programme participants' narrative skills in the Slovak and Romani languages.

**July 16-17**

The team meeting and training for amals, omamas and other participants of the AMAL Programme takes place in Ružomberok.



**July 20**

The meeting of omamas from the Banská Bystrica and Spiš regions with the Slovak President Zuzana Čaputová takes place in Revúca, where she also views the exhibition of omamas' photos.

**August 30**

Thanks to a grant from Slovenská sporiteľna, we buy necessities for future kindergarteners and schoolchildren from 100 poor families in the Omama Programme. **4**

**September 2**

58 little Omama Programme graduates start attending kindergarten. **5**

### September 5

Amals implement the first reading club for parents from Luník IX. Another one is organised in Bačkov in September.

### September 7

After the approval from the board in New York, the director of Cesta von (Way Out) Pavel Hrica is selected as an Ashoka Fellow, thus becoming a member of the network of global social innovators.

### September 8

Omama Inge and the programme manager of Cesta von (Way Out) Oľga Shaw travel with the Slovak President Zuzana Čaputová as part of a delegation on a trip to Greece and North Macedonia. **6**

### September 22-25

A joint training for all omamas and mentors is held in Lipovce.

### September 27

In collaboration with Jakub Šteinecker and Vahe Grigorjan, the film Omama is created about children growing up in generational poverty. **7**

### September 27

The founders of Cesta von (Way Out) Oľga Shaw and Pavel Hrica appear on the map of social innovators published by the Pontis Foundation and Ashoka CZ&SK.

### September 29

A meeting of major donors with omamas, the team of Cesta von (Way Out) and Dr Michelle Fernandes on the occasion of the successful completion of the campaign takes place in Bratislava. The evening is moderated by omamas Radka and Blanka. **8**





9

**October 1**

Omama Sandra attends a talk show Trochu inak with Adela Vinczeová, where she talks about the Omama Programme.

9

**October 1-7**

A supporter Marek with his friends Marcel and Martin walk 180 km across Corsica in 6 days. Together, they collected 1,501 euros for omamas.

**October 14-15**

The second meeting of families from the FILIP Programme is held in Sigord near Prešov.

**November 22**

Omamas involved in the AMAL Programme attend a webinar on the Romani language and culture with Martina Horňáková, a professor focused on the Romani culture and language.

**November 29**

The Christmas campaign Ide o mamy (It's about moms) begins. 951 of you donated 57,348 euros.

**December 3**

Food blogger Pán Tymián (Dalibor Rákoczy) organises a beneficial dinner for omamas, during which more than 5,000 euros is collected.

**December 3-4**

A team meeting and training for amals, omamas and other participants of the AMAL Programme takes place in Košice.

**December 8**

Cesta von (Way Out) wins the Roma Spirit award in the non-profit organization category. 10

**December 9**

875 Christmas packages with special memory matching game are sent to our regular donors in Slovakia and abroad.

11



10



11

## They wrote about us in the media

- **Hospodárske noviny** – an interview with the director of Cesta von (Way Out) Pavel Hrica in the article “The Roma need a new norm. Omamas empower families, children get attention, and women get role models”.
- **Forbes** – an interview with Pavel Hrica in the article “A thousand days” in the printed version of the magazine.
- **Heroes** – an interview with our programme manager Olga Coulton-Shaw in the article “People from impoverished communities must be involved in solving poverty, without this, outside interventions have no effect”.
- **Zuzana Čaputová** – a post on social media about a meeting with omamas in Revúca during a regional trip to Gemer.
- **Aktuality.sk** – an article “Extraordinary ordinary women in poor communities. Meet the omamas”.
- **SITA** – an article “The President Čaputová ended her visit of Greece and North Macedonia, the themes dominating the meetings were the energy crisis and poverty” also about the Omama Programme.
- **SME** – an interview with Pavel Hrica “The first thousand days of life are critical for a person”.
- **Denník N** – Pavel Hrica with his reflection “We all have little Putin in our heads. It is also shown in our relationship with the Roma”.
- **RTVS** – an article “Omama Sandra lived in the basement, now she helps Romani children find a way out”.

## Podcast, radio, television

- **Rádio Slovensko** – an interview with our regional coordinator Paulína Masaryková.
- **Televízia Markíza** – a series of four reportages from the communities in Zborov and Huncovce with omamas Vierka, Inge and Janka.
- **Rádio Slovensko** – an interview with omama Anka from Kecerovce about her job.
- **Podcast Svet medzi riadkami** – an interview with omamas Drahuška and Deniska and their mentor Katka on the topic “How can even one person change a child’s life path”.
- **TV Lux** – an interview of Hermana Matláková with the director of the organisation Cesta von (Way Out) in the Moja misia magazín (My mission magazine) talk show.
- **Trochu inak s Adelou** – omama Sandra in an interview with Adela Vinczeová.
- **SME** – Pavel Hrica in a discussion on the topic “Poverty in Slovakia” during the event Noc vonku (Night Out) in Nová Cvernovka.
- **Rádio Devín** – an interview with Pavel Hrica about poverty and the Omama Programme in the Rubikon magazine show.



## Our team



### Management and main office Bratislava

Pavel Hrica, Vierka Tökölyová, Vierka Vavreková, Lenka Czikková,  
Baška Nosková, Hela Hricová, Lenka Mellard, Martina Štukovská,  
Janka Kurpašová, Romi Babindai, Maggie Pacovská, Stanka Horváthová

## The OMAMA Programme

**Programme team:** Oľga Coulton-Shaw,  
Radka Babelová

**Omamas:** Sandra Giňová, Vierka Kováčová,  
Ivetka Bartošová, Deniska Pechová, Inge  
Ferencová, Drahuška Koščáková, Irma  
Rybárová, Ivet Kótaiová, Anka Husárová, Zuzka  
Jaslová, Monika Poláková, Adrianka Čonková,  
Janka Polhošová, Erika Horvátová, Heďa  
Antoniaková, Janka Cicková, Soňa Hlaváčová,  
Monika Gažiová, Radka Bačová, Majka  
Polhošová, Lucka Pištová, Darinka Mirgová,  
Danka Adamovičová, Soňa Kašparová, Žanetka  
Gažiová, Anka Miková, Editka Polhošová,  
Nicolka Gáborová, Veronika Badová, Jarka  
Bendíková Dudová, Maruška Čurejová, Janka  
Dunková, Blanka Gabčová, Stanka Gábrišová,  
Blaženka Pascalová, Dominika Horvátová,  
Monika Kompušová, Alenka Pustajová,  
Mirka Pušková

**Mentors:** Janka Urban, Katka Šiňanská,  
Blaženka Váľentová, Andrea Papp, Adriana  
Zarembová, Janka Opielová, Štefka Smolková,  
Dianka Hrivnákova, Betka Macková, Iva  
Berilová, Zsuzska Molnár, Katka Krupská,  
Patrícia Dzuruš, Natália Príhodová, Karolína  
"Čača" Brenišinová, Dominika Kopecová,  
Silvia Bartošová, Mirka Gašparová, Gabika  
Štítová, Zuzka Juricová, Katka Liptáková, Majka  
Palenčárová, Martina Vargová Bajusová

**Regional coordinators and supervisors:**

Igor André, Adriana Landorová, Dáška Vranka  
Knošková (Spiš), Zuzka Révészová, Veronika

Kovalčíková Šustáková, Katka Trembuláková  
(Košice), Pauli Masaryková, Valentína  
Pipasová Karolová (Prešov), Adela Matulayová,  
Milan „Kajo“ Zbořil (Banská Bystrica)

**Methodologists:** Zuzana Révészová  
(manual 37+), Budatko team

**Expert guarantor:** PaedDr. Olga Matušková  
(Department of early diagnosis and therapy  
of psychomotor development of children,  
Children's Faculty Hospital Kramáre)

**Collaborating experts of the OMAMA**

**Programme:** Dr Michelle Fernandes  
(Oxford University), Mgr. Alena Molčanová  
(OZ Návrat), Mgr. Viktória Marcinová,  
PhD. (Martinus, OZ Čítajme si spolu),  
Doc. Svetlana Kapalková, PhD. (Institute  
of Children's Speech), Mgr. Stanislava  
Šipková (physiotherapist), Mgr. Marián  
Gliganič, PhD. (supervisor for mentors),  
PaedDr. Martina Rzymanová (head of the  
centre for special pedagogic counselling),  
Mgr. Snežana Ďuricová (Maxman Consultants),  
PhDr. Magdaléna Špotáková, CSc.  
(Research Institute of Child Psychology and  
Pathopsychology), Mgr. Jan Kroupa, PhD.  
(fundraising consultant), RNDr. Martina  
Vagačová, (Lecturer of Effective Parenting),  
Mgr. Zuzana Zimová (special pedagogue,  
psychotherapist), CVI Prešov (early  
intervention centre)



## The AMAL Programme

**Programme team:** Majka Takáčová, Ľudka Ténai

### Collaborating experts of the AMAL Programme:

Mgr. Eva Španová, PhD. (lecturer and author of study materials on Slovak as a foreign language), Doc. Svetlana Kapalková, PhD. (expert on speech development and bilingualism, Institute of Children's Speech), Mgr. Monika Nemcová, PhD. (Department of speech therapy, Comenius University), PaedDr. Zuzana Révészová (special pedagogue), Mgr. Júlia Choleva, PhD. (Ľudovít Štúr Institute of Linguistics), Mgr. Zuzana Laurincová (Teach for Slovakia), Mgr. Martina Horňáková (romist), Prof. Magdaléna Kubanyiová, PhD. (Centre for Language Research at the University of Leeds), Anna Vilčhová, MSc. (Social development and emotional literacy programme KOMPAS), Mgr. Arnold Kiss (coach and consultant), Martina Matrtajová, MSc. (consultant, soft skills trainer and teacher for Zmudri), Mgr. Michaela Mudroňová (Human at risk, n.o.), Mgr. Monika Podolinská (teacher), Mgr. Juraj Čokyna (author of the book "A okraje máš kde?"), Mgr. Alexander Mušinka, PhD. (anthropologist, Institute of Romani Studies, UNIPO Prešov), Mgr. Andrej Belák, PhD. (anthropologist, Institute of Ethnology and Social Anthropology of the Slovak Republic), Mgr. Stanislava Horváthová (designer of educational programmes), Mgr. Juraj Hipš (pedagogue, activist in the field of education), Mgr. Paulína Kožuchová (lecturer of the Slovak language), Mgr. Michaela Zvolenská

**Volunteers (amals):** Zuzana Trstenská, Katarína Gánovská, Iveta Markovičová, Mária Michalová, Monika Miková, Andrea Dvorská, Iveta Aldana, Marianna Čagová, Lenka Kyselová, Viera Pilarčíková, Anna Liptajová, Michaela Špernogová, Lenka

Bugalová Jeczková, Ivana Smrek, Zuzana Šipulová, Klaudia Čamáková, Karin Nosková, Erik Schmiedt, Zuzana Poláková, Jana Pavlík Funková, Lenka Miklanková, Katarína Hrabalová, Jana Škulová, Nikola Kováčová, Mária Danišová, Dominika Tužinčinová, Hannah Štrbová, Peter Jašo, Erik Ferenc, Dominika Neuvirthová, Andrea Petkaničová, Tímea Paulíková, Gabi Babulíková, Eva Kuřková, Lenka Mazúrová, Zuzana Moysová, Soňa Mihalčínová, Soňa Masaryková, Dominika Krížová, Eva Korimová, Martina Circolone-Hranová, Bibiána Buchelová, Zuzana Kukučková, Tňa Kopecká, Ivona Feldmárová, Radka Horniaková, Kamila Žiláková

## The FILIP Programme

**Programme team:** Zuzka Tomanová, Katka Karcolová

**Mentors:** Betka Macková, Silvia Bartošová, Ján Hamrák, Janka Kováčiková-Klárová, Viki Živčáková

### Collaborating experts of the FILIP Programme:

Mgr. Roman Fusek (National Bank of Slovakia), Mgr. Denisa Francanová (National Bank of Slovakia), Mgr. Bohuslava Brenkusová (National Bank of Slovakia), JUDr. Jakub Keračík (National Bank of Slovakia), Ing. Radek Hábl (Institute of Prevention and Overdebt Solutions), Bc. Barbara Halířová (Institute of Prevention and Overdebt Solutions), Mgr. Ing. Peter Hodál (White&Case), Mgr. Peter Pataki (City of Košice, social department), Mgr. Renáta Bartošová (City of Prievidza, social department), Mgr. Františka Ondrášiková (DOM.ov project), JUDr. Jaroslav Macko (Centre of legal assistance in Prešov), Mgr. Honza Soukup (Motivational Interviews), Veronika Chudjaková (Fénix Association), Nora Hargaš, Věra Cvoreňová

# Financial statements 2022

TYPE	AMOUNT	NUMBER OF DONATIONS	SPECIFICATION
<b>Donations from individuals</b>	460,648.59 €	3,635	Average donation of 24 €, donation median of 10 €, 3,602 donors, 1,443 regular donors
<b>Grants and donations from legal entities</b>	742,303.68 €	47	See details in the table: Grants and donations from legal entities
<b>Subsidies from the state, municipalities and the EU</b>	493,820.77 €	8	See details in the table: Subsidies from the state, municipalities and the EU
<b>Tax assignment received in 2022</b>	138,926.34 €	507	Number of donors who agreed to the disclosure
<b>Other support</b>		64	See details in the table: Other support
<b>INCOME TOTAL</b>	<b>1,835,699.38 €</b>	<b>4,261</b>	

TAX ASSIGNATION RECEIVED IN 2021	RECEIVED 2021	ALLOCATED 2021
2 % tax assignment from individuals and legal entities	0.00 €	98,293.78 €
<b>TOTAL</b>	<b>0.00 €</b>	<b>98,293.78 €</b>

TAX ASSIGNATION RECEIVED IN 2022	RECEIVED 2022	ALLOCATED 2022
2 % tax assignment from individuals and legal entities	138,926.34 €	0.00 €
<b>TOTAL</b>	<b>138,926.34 €</b>	<b>0.00 €</b>

DONATIONS FROM INDIVIDUALS		NUMBER OF DONORS	AMOUNT
Individual donors (Darujme, Benevity Causes Portal, Benefit Plus, donations received to a bank account)	individual donations up to 500 € /year	3,544	318,997.93 €
	individuálne dary 500 – 2,500 €/rok	46	40,150.66 €
	individual donations over 2,500 € / year (Peter Komorník, Miroslav Trnka, Filip Glasa, Juraj and Dana Kotian, Lucia Pašková, Eva and Juraj Gottweis, Lucia and Richard Marko, Lujza and Pavel Riška, Michal Liptaj, Krátky Family, Janka and Stuart Ashford, Zuzana Pokšťeflová)	12	101,500.00 €
<b>TOTAL</b>		<b>3,602</b>	<b>460,648.59 €</b>

DONATIONS FROM LEGAL ENTITIES		NUMBER OF DONORS	AMOUNT
Donations from legal entities up to 2,500 € / year (Accenture Technology Solutions – Slovakia s.r.o., OZ Clarus, CMS FOUNDATION Habitics s.r.o., Lexika. s.r.o., Martinus s.r.o., Peter Krištofovič Foundation, PDCS o.z., ProRate s.r.o., Prvá Slovenská Dizajnová s.r.o., TPA AUDIT s.r.o., Wolf Town s. r. o.)		12	10,748.79 €
Donations from legal entities over 2,500 € / year (Anja spol. s r.o., IN Industry s.r.o., IPM s.r.o., LONDON PHARMA and CHEMICALSGROUP LIM, Kúšik Family Foundation, Profesia s.r.o., Radio and Television of Slovakia)		7	290,898.50 €
<b>TOTAL</b>		<b>19</b>	<b>301,647.29 €</b>

<b>GRANTS FROM LEGAL ENTITIES</b>	<b>RECEIVED 2022</b>	<b>ALLOCATED 2022</b>
DHR-Direkthilfe Roma	10,000.00 €	10,000.00 €
Regional Card Processing Centre	5,000.00 €	0.00 €
ESET Foundation	1,573.37 €	1,573.37 €
Bader Philantropies	0.00 €	850.00 €
Bader Philantropies	18,404.34 €	14,733.78 €
CMS Social Impact Fund	5,462.00 €	0.00 €
ČSOB Foundation	16,490.00 €	16,490.00 €
Pontis Foundation – Mercedes Endowment Fund	5,000.00 €	5,000.00 €
Bazaar Luxembourg International	10,000.00 €	10,000.00 €
PROACTIVA	0.00 €	5,941.91 €
PROACTIVA	10,000.00 €	10,000.00 €
Slovenský plynárenský priemysel (Slovak Gas Industry)	25,000.00 €	25,000.00 €
Civic association CLARUS	500.00 €	500.00 €
Orange Foundation	0.00 €	5,745.76 €
Orange Foundation	1,665.25 €	1,665.25 €
CEE Stepic Charity (employee fundraiser)	23,172.00 €	23,172.00 €
CEE Stepic Charity	34,096.00 €	34,096.00 €
RJ Development	0.00 €	4,279.16 €
RJ Development	10,000.00 €	0.00 €
Porticus	0.00 €	57,800.94 €
Porticus	200,000.00 €	125,791.90 €
US Embassy	19,756.80 €	400.00 €
S&D Pharma SK	24,036.63 €	24,036.63 €
Slovenská sporiteľňa (Slovak Savings Bank)	2,000.00 €	2,000.00 €
Slovenská Sporiteľňa Foundation	4,000.00 €	4,000.00 €
Slovenská Sporiteľňa Foundation	12,000.00 €	12,000.00 €
Tatra banka Foundation	500.00 €	500.00 €
Tatra banka	2,000.00 €	0.00 €
<b>TOTAL</b>	<b>440,656.39 €</b>	<b>395,576.70 €</b>

**OTHER SUPPORT****NUMBER**

Adela Vinczeová, Amazon, Bublina Magazine, Dedoles, Denník N (N Press), Digiline, Dovrecúška, Dušan Bobák and Dominika Bobáková, E plus J, Emko Matulay, Eva Mosnáková, Filip Michalko, Good Request, Henrieta Mičkovícová, Embassy of the Netherlands in Slovakia, Invelity, Jakub Šteinecker, Juraj Porubský, Katka Koščová, Krajina čitateľov, Lucia Marková, Ľudovít Ódor, Mariana Serbajlo Andreeva, Maroš Sloboda, Martin Šveda, MC Budatko, Michaela Benedigová, Martinus, Michaela Čobejová, Municipal cultural center Revúca, Jelšava City Museum, Nalgoo ATS, Natália Kaščáková, National Bank of Slovakia employees, O2, OC Nivy, Orange, Pán Tymián (Dalibor Rákoczy and Janka Kadlíčková), Pavol Čekan, Rasťo Blaško, Radio Best FM, Reckitt Benckiser, Ronald Lupták, Santiago Aguado, Samuel Kováčik (Vedátor podcast), SME (Petit Press), Slovak Telekom, Snežana Ďuricová, Wolf Town Tattoo, This is Locco, TechSoup Slovakia, UNIMEDIA, Vahe Grigorijan, Veronika Cifrová Ostrihoňová and Sajfa, White&Case, Zeldeo Videa Makers, Zuzana Kovačič Hanzelová, Accenture employees, ESET employees, Amazon employees (Slovakia), Primary school in Sirk and people from Šrobárka community (Sirk).

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**SUBSIDIES FROM THE STATE. MUNICIPALITIES AND THE EU****RECEIVED 2022****ALLOCATED 2022**

Ministry of the Interior of the Slovak Republic (European Social Fund)	433,790.77 €	151,071.13 €
Non-profit organization Projekt DOM.ov (Ministry of Investments, Regional Development and Informatization of the Slovak Republic)	0.00 €	124,167.69 €
Zborov municipality (Norwegian Financial Mechanism, Ministry of Investments, Regional Development and Informatization of the Slovak Republic)	40,970.00 €	9,625.13 €
Sirk municipality	0.00 €	260.00 €
The National Bank of Slovakia	0.00 €	82,236.08 €
Ministry of Justice of the Slovak Republic	11,560.00 €	11,560.00 €
Košice municipality	5,000.00 €	5,000.00 €
Košice Self-Governing Region	2,500.00 €	2,500.00 €
<b>TOTAL</b>	<b>493,820.77 €</b>	<b>386,420.03 €</b>





# Financial statements

## BALANCE SHEET

<b>ASSETS</b>	<b>2021</b>	<b>2022</b>
Fixed assets depreciated	32,310.99 €	44,748.87 €
Financial accounts and securities – cash, bank	792,908.87 €	1,021,996.35 €
Long-term claims	4,680.00 €	5,520.00 €
Short-term claims – from business relations	1,965.60 €	0.00 €
Short-term claims – other (donations and grants)	232,756.67 €	569,662.83 €
Short term claims – employees	4,693.42 €	0.00 €
Short-term claims – Financial Administration of the Slovak Republic – payroll tax	0.00 €	1,451.21 €
Costs of future periods	1,884.00 €	4,386.64 €
<b>Assets total</b>	<b>1,071,212.97 €</b>	<b>1,647,765.90 €</b>
<b>LIABILITIES</b>	<b>2021</b>	<b>2022</b>
Liabilities – suppliers	2,608.53 €	4,077.98 €
Liabilities – other	1,148.00 €	2,442.00 €
Liabilities-reserves – employees	3,559.41 €	10,267.53 €
Liabilities-reserves – other	120.00 €	1,200.00 €
Liabilities – value added tax	585.36 €	96.28 €
Liabilities – social fund	541.18 €	640.79 €
Revenues of future periods – grants	453,757.93 €	645,106.06 €
Revenues of future periods – other	1,184.00 €	3,040.00 €
2018 economic result – profit	15,562.49 €	15,562.49 €
2019 economic result – profit	83,353.22 €	83,353.22 €
2020 economic result – profit	238,879.96 €	238,879.96 €
2021 economic result – profit	269,912.89 €	269,912.89 €
2022 economic result – profit		373,186.70 €
<b>Liabilities total</b>	<b>1,071,212.97 €</b>	<b>1,647,765.90 €</b>
<b>PROFIT</b>	<b>269,912.89 €</b>	<b>373,186.70 €</b>

## PROFIT AND LOSS REPORT

EXPENSES	2021	2022
Costs of materials	62,508.03 €	107,305.43 €
Repairs and maintenance	2,130.19 €	14,420.88 €
Travel costs	3,853.35 €	14,702.74 €
Other services	279,831.37 €	415,499.79 €
Salaries	225,178.86 €	514,512.33 €
Insurance	79,107.91 €	180,289.51 €
Social security	11,357.97 €	33,811.28 €
Depreciation of assets	6,516.35 €	12,048.72 €
The residual value of the property sold	0.00 €	4,710.40 €
Contributions provided to individuals	0.00 €	300.00 €
Other costs	3,675.66 €	5,358.84 €
<b>Expenditures total</b>	<b>674,159.69 €</b>	<b>1,302,959.92 €</b>
REVENUES	2021	2022
Charitable advertising	9,555.00 €	0.00 €
Donations accepted – non-financial	3,516.00 €	37,725.56 €
Other income	1,592.57 €	1,007.45 €
Revenues from the sale of property	0.00 €	400.00 €
Donations received from other organizations	461,532.56 €	1,065,159.55 €
Donations received from individuals	404,183.70 €	454,532.68 €
Donations from the tax assignment	43,895.94 €	98,293.78 €
Subsidies	19,796.81 €	19,027.60 €
<b>Income total</b>	<b>944,072.58 €</b>	<b>1,676,146.62 €</b>
<b>PROFIT</b>	<b>269,912.89 €</b>	<b>373,186.70 €</b>

The saved funds guarantee that we can maintain the Omama, FILIP and Amal Programme and continue to develop it in other communities. Thanks to this, we are sure that in the following year we will employ new families from poor backgrounds in the programme.

The above financial information is preliminary and unaudited. The financial statements of Cesta von (Way Out) are verified by the renowned auditing company TPA AUDIT, a member of the Baker Tilly International network. You can find the full financial statements and the auditor's report for the given year on the website [www.cestavon.sk](http://www.cestavon.sk) until the end of June 2023.

## Individual donors, thanks to whom omamas were successful in their work in 2022

In 2022, the communities' work was also developing thanks to the support of 3602 individual donors. We are very grateful to every donor, who supported the work of the omamas, amals and FILIP mentors. Every donation gives children and their families a chance for a better life.

You can find a list of individual donors in our website's online version of the annual report.

**3602**

individual donors  
in 2022

**Thank You!**

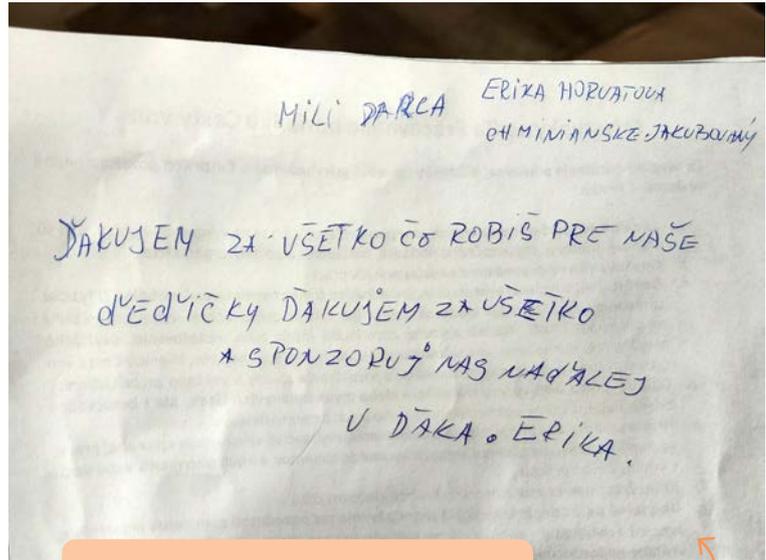




# Things that didn't make our social media posts



When a mum from the programme makes you pancakes after a whole day of filming.



If omamas were doing fundraising, it wouldn't look any different.



When you rush to fix the toilet while answering your emails.



When you are travelling abroad for the first time – on a government special with the President.



Omama taxi for the little ones.



Even the director sometimes handles emails on diaper boxes.

“Omamas, come on a trip to the cave it’s going to be great!”  
One hour later:



When you try to demonstrate an activity in the training, but you don’t correctly estimate the size.



And this is how the cover of our first album was created.





**Cesta von / Way Out**  
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zchudoby@cestavon.sk • tel.: +421 917 429 983  
www.cestavon.sk

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Roma Spirit 2022

