



FUNDACIÓN INDERA

Well-being is our Foundation



ANNUAL REPORT

2019

Well-being is our Foundation

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WORDS FROM INDERA'S DIRECTOR

RACHEL ANDRAS

This year we draw inspiration from these wise words from Hypatia of Alexandria, which we believe are most befitting to our global situation as we present this annual report of the year 2019.

These words implore us to remain focused, steadfast and humble. They remind us to deepen our understanding that gender equality and women's human rights can only be achieved when we look at quality and not at numbers.



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“Life is an unfoldment, and the further we travel the more truth we can comprehend. To understand the things that are at our door is the best preparation for understanding those that lie beyond.”

- Hypatia of Alexandria

This year 2019 has marked our work specifically in the area of multidimensional sexuality education and the prevention of cyber sexual abuse by presenting a different way – a way where we can choose to say no to the normalized violence and the (self)-abuse and learn to say yes to bodily integrity and honouring our bodies and ourselves by setting new standards.

Through self-love and self-care we can build safe spaces for respectful communication, empowering and building solidarity so that we learn to identify our own boundaries, recognize what constitutes violence and have the courage and skills to stand up against socially stereotyped impositions and normalized abusive behaviours.

INDERA continuously offers girls and women and boys and men to NOT be dominated by ideals they must strive for and to NOT be dominated by beliefs that control our every day decisions.

Our work is dedicated to offer insights in to a way of life that says clearly NO to abuse and violence and clearly YES to self-love and love.

The year 2019 also marked the last year for the term of office of the board, which was appointed in December 2007 and I would like to express my greatest gratitude to the outgoing board for the sterling work they did to set up a firm foundation from which we are now continuing to build further.

I am equally very thankful for the new members who have joined the board and the new set of skills, experiences and wisdom, which they have brought into the collective pool.

With our diverse set of strengths and attributes I am confident that we are equal to the task bestowed upon us and to deliver whatever humanity needs.

I am delighted by the rate at which the INDERA Foundation continues to expand, imprinting the world and offering a way for the future of how we can learn together, grow, relate and communicate with each other.

With Love,



FUNDACIÓN INDERA

INDERA is a non-profit organization working internationally for gender equality and women's human rights worldwide. Founded in 2007, INDERA has been raising awareness and delivering projects that inspire a much needed paradigm shift.

INDERA envisions a world where everybody is provided with the resources and opportunities to live and express the qualities of love, tenderness, nurturing, sensitivity, awareness & strength that are natural to us all, regardless of gender.

INDERA aims to empower people of all ages, professions and backgrounds to truly embrace their full power. We understand that simple daily choices can have a big impact, both personally and globally, to shift patterns of abuse, ill-health and inequality. This makes way for empowerment, harmony and true wellbeing to become our everyday experience.



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We Educate

INDERA offers educational programs for young people and professional training to a diverse range of ages and professions including teachers, youth professionals, parents, policy makers, media, as well as companies and public institutions.

We educate on the power of role modelling, in the understanding that meaningful change can only occur if we live by example. If we are honest, many of the issues that our younger generations face are equally prevalent throughout society. It is important that we set standards of love, decency and respect across all facets of life.



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We raise awareness & advocate for true change

At INDERA, it is our experience that true change is possible, but that it can only be achieved when the outer world and the inner world are given equal focus. In the global struggle for equality, advocacy often focuses on the oppressive laws, regimes, cultural attitudes and discriminations and attempts to bring reform and change to these outer structures. While this is fundamentally important, even in countries that have made great shifts towards gender equality, the statistics of domestic violence, crime, illness and disease, self-harm, exhaustion, stress and drug and alcohol abuse clearly show that changing the outer structures is not the whole and complete answer.

For true change to occur, we need to support all women and men to reconnect to their natural essence within. Upon this foundation, laws, policies and social structures can be developed that support the inner essence of all people to flourish equally.



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We collaborate & network at an international level

Through partnerships and networking we bring together different skills, resources and stakeholders with the aim to not only solve problems, but to uncover the root causes of the issues we observe in society today. This allows us to understand and address deeply entrenched problems that individual organizations, or even whole sectors, are not able to tackle on their own. Inter-institutional exchange processes bring to light a deeper understanding of our collective responsibility and how each of us play a crucial role in the quality of the world we are creating.



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We develop resources & conduct research

We develop educational materials, resources and conduct research to strengthen the capabilities of people and institutions. We support people to understand that the key to establishing a truly caring society is to reconnect to the intelligence of the body.

Most educational material today is focused on advancing and educating the mind, through the misconception that intelligence is only in the human brain. Yet history has shown us that educating the mind does not necessarily lead people to make choices that are loving to their bodies.

At INDERA we aim to bring the body back into the equation. When we educate body awareness, principles such as decency, respect and love are reintroduced through the practice of self-love, self-care and self-responsibility. This empowers people to reconnect to the whole body intelligence that is naturally available to us all.

OUR FOUNDATIONS



GENDER EQUALITY

In the world today, the issue of gender equality is more in the spotlight than ever before. The non-binary perspective has broadened the conversation as to what defines gender, asking why we are limited to being defined by the gender to which we are born, or to a gender at all?

At INDERA, we are dedicated to setting new standards of harmony, understanding, love and respect between men and women, through our individual and collective responsibility as living units whose true power is found within.

True gender equality will never be achieved through a fight or battle, but by allowing our inner qualities of integrity, sensitivity and strength to be the compass that guides us in all our actions. Gender equality cannot be kept as a distant hope, ideal, or policy goal; it needs to be lived, walked and breathed in every area of our lives.

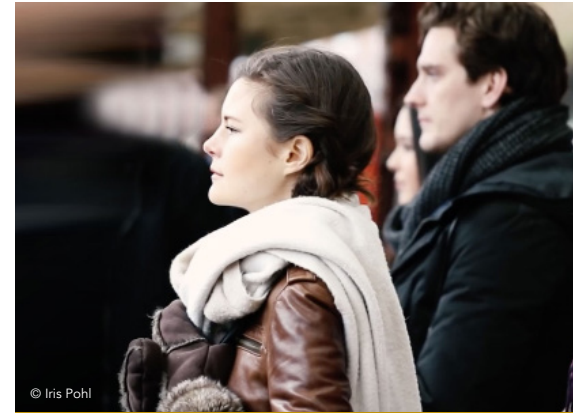


WELL-BEING

Supporting people to live a life of true well-being is at the heart of all of INDERA's work.

Learning to self-care is the key first step towards well-being. As we are growing up, we are not encouraged to care for ourselves first. Women are often told that it is their role to care for everyone else, even if this is at their own expense. Men on the other hand are told to harden up and live up to a version of masculinity that sees tenderness and self-care as signs of weakness (at the great expense of themselves also).

When we begin to listen to the body and use it as our compass, we develop a deep knowing of who we are and the strength to deal with any challenges that life throws our way. Areas of life that do not support this feeling of well-being begin to stand out, allowing us to set our own standards and say no to abuse.



EMPOWERMENT

Caring for ourselves is extremely powerful. Our daily choices make an enormous difference to our lives, and ultimately the world around us. When we live by example, we become agents of change. The intelligence of the body holds all people equally. When listening to and caring for our body is the focus, this care and love naturally flows out in the way that we interact with all others. Through the quality we move and express with, we set new social standards that are free of the discrimination and self-abuse that has become normalized in the world today.

At INDERA we support both women and men to realise the full power of their agency and develop resources that will support them to live a life of true wellbeing.

"Empowerment is not defined by our achievements but by our capacity to make choices for our well-being."



BODY AWARENESS

Our innate capacity to be sensitive, to feel what is going on, open up, connect, be with and reach out for another, observe and register what we see, develop awareness of what truly works for us and what does not... is not being nurtured and given focus. Yet it is our sensitivity that informs us how to make choices that are loving and supportive of ourselves and others; and say no to cycles of abuse that are keeping us trapped in patterns of self-destructive behaviour.

Body Awareness is key to empowering people to take agency over their own lives, to make life happen instead of allowing life to happen to us, on terms that we would not naturally accept.

INDERA works with people of all ages and professions (and specifically with young people) to develop body awareness, building a strong quality of self-worth and harmony within the body that they can use as an inner compass to navigate their way through life.

National Projects

We implement projects at national level with a specific focus on the educational sector, really building connection and relationships and supporting people to develop a quality in their bodies that serves as a marker for true well-being. We raise awareness about the normalization of violence and how it leads to self harm, abuse and violent behaviour.

FormaPro-Wellbeing

2019-2020

This project, co-financed by Fundación Obra Social 'la Caixa', provides teachers and professional youth workers with the tools, skills and abilities to effectively manage the enormous ill-being that today affects youth at individual, relational and collective level in very different social settings.

The ill-being in educational settings is a constant and growing problem. More and more teachers and youth workers encounter normalized behaviours and patterns of (self) abuse, violence and a hyper sexualization of daily life in young people. Especially when it comes to sexuality and sexual health education, most of the professionals do not have the capacity to face the challenges of this paralleled virtual and hyper-sexualized socialization that has been silently normalized and strongly affects the well-being of both youth and professionals.

Through professional training and the development of some educational material based on INDERA's methodology Sexual Health, Healthy Body, Healthy Relationships, this project provides the professionals with the tools, knowledge and skills that will allow them to experience a clear improvement in terms of well-being in their lives.

The experience of the increase in the level of well-being, and the learning that this entails, is giving them the authority and the necessary guidance to effectively apply it to the different spheres of their lives (including the professional one) and to promote changes in others, specifically young people, in the same direction.



#ISayNO

2019-2020

Generalitat de Catalunya
Departament de Treball, Afers Socials
i Famílies



The #ISayNo initiative is co-financed with the Spanish State Funds against Gender-based Violence and focuses on raising awareness of the importance of sexual harassment as a form of gender-based violence that constantly undermines gender equality, both in the physical world and online.

Raising awareness about the normalization of these forms of violence, which is a pervasive feature of young women's daily life experience, the focus is on developing audio-visual material for young people. In 2020 we will develop a video to provide alternative, non-abusive social behaviour scenarios & role models for young people. With this we aim to influence a change in the attitudes & behaviour of young people aged 14 to 18 who are under the influence of a social environment in which sexual harassment & other forms of gender based violence are so prevalent that young people have become desensitised to the effects it has on relationships with themselves & others.

Modern industrialized society chronically and pervasively objectifies the female body. There is a host of evidence that young girls exposed to objectifying images over time begin to view themselves as less, losing their sense of self-worth, and seeing themselves more and more as sexual objects. Self-objectification is born as we lose connection with our body by accepting an image imposed on us and

resulting in a constant monitoring of one's physical appearance. At the same time, boys constantly exposed to objectifying images of women develop a relationship to the female body as a commodity to use and abuse. There are several studies showing the link between women being seen and presented as objects and the fusion of sex and violence.

Abuse and sexual objectification of the female body is considered 'normal' – as long as it is done to and by oneself! It has all become about how to engage in sexually charged situations. This glorified form of self-harm is all justified by the media recognition in terms of Youtube hits and the supposed freedom of choice!!! But what is our choice in a society where violence, abusive behaviour and self-objectification is normalized? We have young people consenting to rape style sex because it is considered 'normal', so they consent to a cultural practice and with this to abuse. Even if the young person may feel they are in a compromising situation, in many cases they will choose to take a calculated risk – engage in the culturally accepted abuse or risk 'social suicide' i.e., being considered 'uncool' or 'uptight'.

In fact, having a risky behaviour is never without a perceived payoff. But what if the 'payoff' only appears to be of value because a sense of self-worth is lacking to begin with?

**What is choice
in a society
where violence,
abusive behaviour &
self-objectification
is normalized?**

European Projects

We implement projects and programs all over Europe. Through partnerships and networking we want to bring together different European stakeholders, skills and resources with the aim to not only solve problems, but to actually uncover the root causes of the very similar issues and problematics we can observe in the diversity of societies today.

"Our first relationship with any BODY is with our own. This then becomes the foundation for our relationships with every BODY thereafter."

- Rebecca Asquith

NO SGBV

2019-2021



"I can choose to say no. Empowering youth, especially girls, to stand up against cyber sexual and gender-based violence in intimate partner relationships"

This two-year project, co-financed by the European Union, in collaboration with the Autonomous Women's Centre from Serbia, CESI from Croatia and NANE from Hungary, seeks to prevent the normalization of violence in social media platforms, especially online sexual harassment and teen dating violence.

The main goal is to give visibility and put violence that occurs through social networks in the spotlight, without trivializing it or despising its power just because it is not exercised through direct contact. We are working with young people between ages 14 and 19 years old, to raise awareness during the time in which they begin to form their first intimate relationships. Teenagers are often more susceptible to gender roles, have less experience in building respectful relationships and are more exposed to the social pressure of their peer group to behave in a certain way.

During adolescence, attitudes and behaviours are influenced by social sexual "scripts" which determine individuals' relationships and sexual interactions through very dominant discourses that include core cultural beliefs about gender and sex.

Forms of gender-based violence such as sexual harassment have become a "normal adolescent rite of passage" which leads to such forms of abuse, being considered as "normal" or as common as "flirting" and "teasing".

A society where such attitudes and behaviour are becoming acceptable and young people are actually becoming de-sensitised to such an extent that women, for example, must respond with behaviours driven by fear, is highly dysfunctional and could give rise to many other forms of violence directed at vulnerable groups in the community.

Our focus in this project is to raise awareness about social norms, prejudices and attitudes that encourage and minimize SGBV, including control and abuse of power in youth partner relationship via technology and focusing on building respectful relationship off and online.

In this we support young people to build a body and mind awareness to be able to hold a quality within themselves, that supports them to not choose abuse over love in a world where social norms are normalizing and standardizing abusive behaviour.

Love & Respect

love & respect
Preventing Teen Dating Violence

2017-2019



Preventing teen dating violence II

Teen Dating Violence or (TDV) is a phenomenon that manifests itself in different types of behaviours such as physical violence, psychological violence, sexual violence, digital violence and harassment.

TDV has long-term consequences and increases the health risks and negative behaviours in the lives of young people such as increased use of tobacco and marijuana, compulsive intake, depressive symptoms and suicide attempts.

TDV also determines lower school grades, low self-efficacy, low connection to school and low participation in the community, increased aggressiveness among peers, increased crime and increased unprotected sex.

This was the last year of implementation of this project under the lead of profem (<https://www.profem.cz>) from the Czech Republic and together with Society without Violence (<https://www.swv.am>) from Armenia, HAZISSA (<https://www.hazissa.at>) from Austria, CESI (<http://www.cesi.hr>) from Croatia, Sakli Advice Center for Women from Georgia and Centro Studi Villa Montesca (<https://www.montesca.eu/2.0>) from Italy. All of our activities had a strong focus on

social media and through our Facebook and Instagram accounts we opened the discussion on many topics around teen dating violence.

On our online Platform (<http://www.love-and-respect.org>) we offer information about European and National legislations as well as research and articles about TDV or tips and information on how to address it in educational settings. Here young people can also find articles explaining TDV and what a healthy relationship means as well as do quizzes and find contact details of organizations that offer support in the case of experiencing violence in their relationships.

We also developed an interactive mobile quiz for young people with the aim to provide an interesting and entertaining way through which young people can test their relationship, their knowledge about digital abuse, etc. The quiz is available in all 8 languages! During 2020 we are looking into new funding under the lead of HAZISSA in Austria and we hope that we are back soon with more materials and resources to support young people in choosing healthy relationships with themselves and with others!!



Self-abuse for example is massive and the gateway to accepting abuse from others

Ambassadors of Love & Respect

2018-2019

Preventing teen dating violence II

love & respect
Preventing Teen Dating Violence

 Erasmus+

In the context of our project Love & Respect (<http://www.love-and-respect.org/site/>) we applied for new funds to empower and train young volunteers who decided to be part of an online awareness raising and prevention campaign about Teen Dating Violence (TDV) as peer educators - so - called Ambassadors of Love & Respect. The work of the ambassadors of Love & Respect was to fold: Awareness raising about TDV in everyday life, hence covering all kinds of physical violence, emotional, verbal, sexual violence, financial violence, digital violence, stalking, etc. and promoting the principles of healthy relationships.

The Ambassadors impulsed a learning and efficacy-building process, creating awareness as to the way in which GBV behaviours have become deeply engrained in the structures of society through the social environment. They aimed to enable young people to actively participate, and encourage a process of ownership, maximizing the potential for empowerment by transferring messages via social media and resources to the young as well as encouraging them to analyse their own realities collectively, seek consensus, manage conflicts and own the decisions they make.

To build healthy relationships is key in all GBV prevention work. Unless we really look at what constitutes abuse in our lives – and how to not be abusive – we will keep on living in the constantly repeating cycle of the normalisation of violence and abuse, soon calling normal what today is still considered distressing to us. Abuse starts with the abuse of ourselves, and its ability to dominate (or not) is determined by the levels of self-love (and gradually the love) we embody and consistently live.

Self-abuse for example is massive and the gateway to accepting abuse from others. Self-abuse is not only the extreme behaviours, but the daily confirmation of 'not being worth it'. Self-abuse starts with our daily choices of how we are with ourselves and the quality we decide to live in. Spending the teenage years in front of the mirror hating the reflection and loading the body more and more with disregarding thoughts and comments, or trying forever to improve or fix our own body, sets the tone of how we allow others to treat us.

It is the love we bring in ourselves that determines the type and quality of loving interactions (sexual or otherwise) that we have with each other!

VOLS Europe

2019



Volunteer Management in Europe's Youth Sector.

This project aimed to unite volunteers and organizations from multiple places in Europe to learn about volunteer management and how to engage people into our growing projects. Volunteers are a valuable resource for the non-profit sector and developing a volunteer management process is a much-needed effort. Key is to engage them in a way that they feel appreciated and useful to the organization.

Work is about purpose, well beyond the monetary benefits. We spend a vast proportion of our life working, not just in paid jobs, but in contributing to all of society through volunteer roles at diverse levels (in our communities, schools, in our own homes, raising kids and taking care of the elderly and sick, etc.) Understanding work from this perspective makes clear that work pretty much forms the entire foundation of our lives.

In this sense, our reflection on volunteering also questions the dominant viewpoint of volunteerism as an ethical mostly female activity in the social and care sector, which often ends up becoming another form of labour segregation.

For Indera volunteering is not a "task-based volunteering", but rather a participative volunteering for social transformation that involves a personal and collective process on how we are living as a whole of humanity. A process of understanding that quality is what is most needed in today's world and that through responsibility and integrity we can embrace a global citizenship that then transforms local, national and global realities.





International Projects

As part of our women's empowerment work and truly advocating for women's human rights, we initiate and participate in strategic and innovative projects in international and global cooperation for development. Our main collaborations have been here with our partners in Colombia and Peru.

Women's right to peace & a life free of violence Colombia 2019 - 2020

This project, funded by the Catalan Agency for Cooperation in Development (ACCD), led by the Plataforma Unitària Contra els Violències de Gènere together with Popular Women's Organization (OFP) from Colombia and the INDERA Foundation, seeks to contribute to the construction and strengthening of political leadership of women who have been victims of the armed conflict in two regions: Magdalena medio and Cauca.

Understanding leadership for political participation as the set of skills necessary for the participation of groups of women in representative and decision-making structures, which allows the full exercise of the right to citizenship and contributes to local governance, this project focuses on training actions, exchange of experiences and support to women leaders in the exercise of local political participation.

The extent of conflict-related violence against women in Colombia is yet to be fully understood. It is a crime that is massively underreported and where it is reported women encounter major obstacles to actually accessing the justice

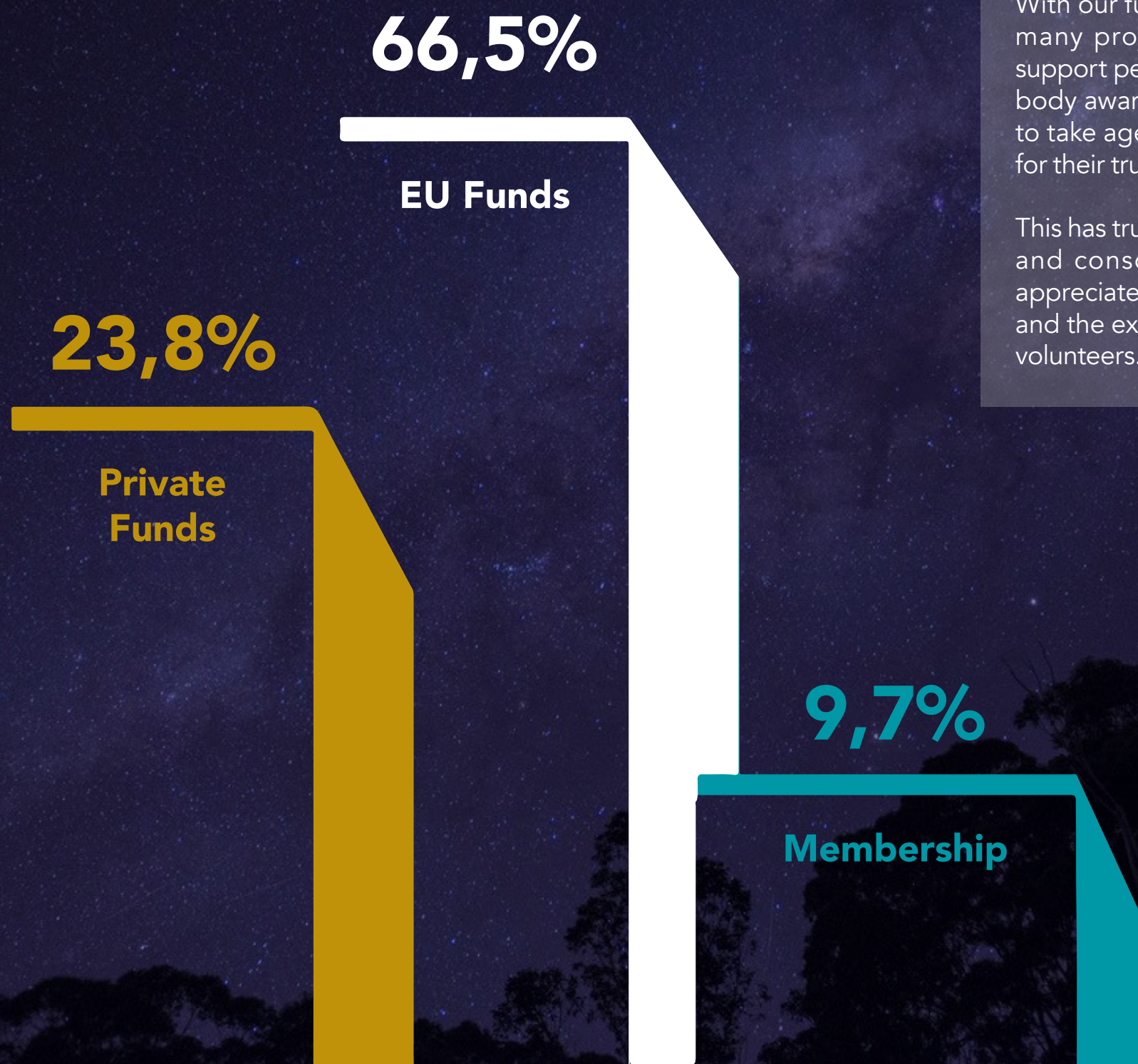
system including extremely high levels of impunity. It is a crime perpetrated by all armed actors and it is a habitual, systematic and invisible practice. However, the same attitudes and cultural beliefs driving violence and specifically sexual violence against women in conflict are present in domestic life.

It is crucial that women's organisations participate and really collaborate in the reconstruction process and participate in shaping reformed laws and public institutions, not only to gain justice for human rights abuses, but also to set the foundations for a change of a cultural of normalized violence, specifically in the domestic realm.

The Popular Women's Organization (OFP) has worked with women on their role in those processes and the building of the 'inner' and 'outer' power. "The relationship with our bodies is the most natural relationship we can have. It is not only vital to knowing ourselves, it is innate and we can only deal with the gender oppression in the outer world, when we simultaneously address the gender oppression we are struggling with internally."



INDERA IN FIGURES



With our funds we have seeded forth many projects and initiatives that support people of all ages to live from body awareness – being empowered to take agency and choose resources for their true well-being.

This has truly been a year of expansion and consolidation and we deeply appreciate all our financial supporters and the exceptional dedication of our volunteers.