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# CAMP CRIOULA 2008 REPORT

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With Reflections  
on 2007

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RPCV Cape Verde 2006-2008  
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## I. EXECUTIVE SUMMARY

Cape Verde is a country of rapid change and has reaped the benefits of development over the past thirty years. However, change does not always come easily and benefits are not always distributed evenly. Cape Verdean women, especially, are still suffering from low levels of employment, less opportunity for education, and less chance for employment and/or promotion.

There are an overwhelming number of statistics that demonstrate these concerns:

- The unemployment rate in Santo Antão has risen to 33%, the highest level in twenty-five years.<sup>1</sup>
- 50% of youth who reach 9<sup>th</sup> grade drop out.<sup>2</sup>
- In 2001-2, 54% of the population on Santo Antão lived below the poverty line of 43.250\$CVE per year.<sup>3</sup>
- In 2010, it is estimated that Santo Antão will have about 49.930 inhabitants with 16.340 (32.7%) aged between 4 and 17 years old. Approximately, 24.959 will be women at a reproducing age.<sup>4</sup>
- According to International Training Centre of the International Labour Organization, the annual revenue for women is 3,393 USD compared to 7,136 USD for men.<sup>5</sup>
- According to UNICEF, “women’s literacy rate is just over 65 percent and stereotypes in textbooks and teachers’ gender insensitive behavior reinforce existing gender roles that discriminate against girls.”<sup>6</sup> Men’s literacy rate is estimated at 85.8%.<sup>7</sup>

These statistics are discouraging to younger generations of women and may lead them to believe that the struggle to become educated and eligible for a professional career is not worth the effort. These young women need to be motivated and introduced to ways to face obstacles that past generations of Cape Verdean women did not encounter.

Camp CRIOULA is a weeklong leadership camp for young women that offered information in the areas of leadership, career choices, women’s health issues, and self-discovery. Overall, the camp provided a safe atmosphere in which 40 young women could freely explore their personality, their chosen career field, and hopefully decide their future goals and direction. Aged 15-19, 36 campers and 4 junior counselors from the island of Santo Antão attended Camp CRIOULA held in Centro Agrícola de Afonso Martinho, Ribeira Grande from March 25 – 30, 2008.

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<sup>1</sup> Interview with President Américo Silva. “Queremos fixar as pessoas no Paul.” *Iniciativa*, n. 13, July/August 2006. p. 13.

<sup>2</sup> Interview with President Américo Silva, *Iniciativa*, p. 13.

<sup>3</sup> Francisco Fernandes Tavares, “Santo Antão, entre o presente o futuro,” Instituto Nacional de Estatística, *Iniciativa*, n. 13, July/August 2006. p. 54.

<sup>4</sup> Taveres, p. 42.

<sup>5</sup> EC Gender Help Desk, International Training Centre of the International Labour Organization, “Cape Verde: Gender Information Brief,”

[http://ec.europa.eu/development/body/theme/human\\_social/docs/gender/06-07%20CABO%20VERDE%20-%20Gender%20Info%20Brief.pdf](http://ec.europa.eu/development/body/theme/human_social/docs/gender/06-07%20CABO%20VERDE%20-%20Gender%20Info%20Brief.pdf), Accessed 15 March 2007.

<sup>6</sup> UNICEF. “UNICEF – At a glance: Cape Verde – The Big Picture.” [www.unicef.org/infobycountry/capeverde.html](http://www.unicef.org/infobycountry/capeverde.html) Accessed 1 March 2007.

<sup>7</sup> CIA – The World Factbook. “CIA – The World Factbook – Cape Verde.” <https://www.cia.gov/cia/publications/factbook/geos/cv.html> Accessed 1 March 2007.

The camp's objectives were as follows:

1. to provide a fun, safe, bonding atmosphere in the form of a camp in order to promote self-discovery and career development;
2. to obtain materials and recruit Cape Verdean female presenters to speak in Creole on the following topics:
  - a. personality and self-exploration;
  - b. women's health issues;
  - c. women and relationships in Cape Verde;
  - d. leadership;
  - e. career development;
3. to create a bond between the campers, junior counselors, speakers, and staff;
4. to develop leadership skills, including:
  - a. public-speaking;
  - b. group and interpersonal communication;
  - c. setting and achieving goals;
5. to increase self-esteem in young women, allowing them to realize their full potential in Cape Verde's society;
6. to explore the idea of democracy and women's abilities to participate in and influence governmental and civil structures;
7. to promote tolerance and appreciation of diverse peoples especially in light of the global society with the beginning of the new millennium;
8. to conduct a career fair for the participants comprised of Cape Verdean professional women representing various fields and locations throughout Cape Verde;
9. to ensure camp sustainability by (a) working in collaboration with organizations that address gender issues and, (b) working with chosen camp leaders during the camp and throughout the following year to organize further leadership camps.

The purpose of Camp CRIOULA was to encourage young women to become active citizens by helping build their self-esteem and confidence; increase their self-awareness; and develop their skills in goal setting, assertiveness, and career planning.

Camp CRIOULA was inspired by Camp GLOW (Girls Leading Our World), a Peace Corps initiative created in Bulgaria in 1994. While Camp CRIOULA adopted the overarching principles of leadership and empowerment of women, it differed in terms of language; Camp GLOW was a leadership camp in English. Upon doing a needs assessment in Cape Verde, coordinators found that the greater need was capacity building and that the transmission of related skill sets could be compromised by facilitation in English. However, coordinators would like to acknowledge the assistance of the Camp GLOW Manual in the implementation of Camp CRIOULA.

For two consecutive years, Camp CRIOULA has been able to reach these goals because of the financial assistance of all three local governments on Santo Antão, support from various community benefactors within those three municipalities, and donations of friends and family in the United States.

Many thanks are due to the Manager of the IRC at Peace Corps / Cape Verde, Joana Baldé, and to the coordinators of Camp CRIOULA:

2007

Alexis Aguilera  
Nataawnee Fritz  
Tiffany Green  
Anna Schwoch  
Michelle Weisse

2008

Nataawnee Fritz  
Tiffany Green  
Caryn Sweirzbin  
Michelle Weisse

The following report details the progress of Camp CRIOULA 2008 noting principle differences and learning lessons from 2007 and hopes to serve as an aid to anyone willing to implement another Camp CRIOULA.



## **II. CAMP PREPARATION**

Camp CRIOULA preparation began approximately six months before the camp dates. With the creation of Camp CRIOULA came decisions about the camp's objectives, programming and session themes, and the target audience. And, of course, no project is feasible without support whether in the form of materials or money. These issues are addressed in the following sub-sections. **[See Appendix A for Camp CRIOULA Timeline]**

### **II. A. ORGANIZING COMMITTEE**

In 2007, coordinators solicited advice from women within the communities. Several meetings were held and these women – including the representatives of MORABI and OMCV and the director and psychologist of the local youth center – gave coordinators feedback. Unfortunately on Santo Antão, much like everywhere else in Cape Verde, those active in the community are stretched thin by their many commitments. Therefore these women served in advisory capacities to Camp CRIOULA.

In 2008 coordinators did not attempt to create an organizing committee because of past experience. Instead community members participated in the development of the camp through in-kind donations, financing, or guest speaking at the camp. Additionally coordinators heavily involved junior counselors in the implementation of the camp.

### **II. B. JUNIOR COUNSELORS**

A Junior Counselor was someone who had attended a previous Camp CRIOULA and showed exemplary leadership skills. On their evaluation forms, campers were allowed to elect if they would be interested in becoming junior counselors and why. In 2008 coordinators reviewed evaluations from 2007 and chose one 12<sup>th</sup> grader from each high school who demonstrated leadership skills to be a junior counselor. Because it was its first year, in 2007 junior counselors were 12<sup>th</sup> graders chosen by their behavior and participation in high school. Each group of junior counselors received a two-day training a few weeks before the camp.

#### **1. TRAINING**

The Junior Counselor Training was a two-day all-expenses paid training. During this training, coordinators ensured that junior counselors understood their duties and were comfortable with their roles. Coordinators facilitated sessions on leadership, critical thinking, team-building, and conflict resolution to help prepare the junior counselors. Junior counselors also understood that they would lead free time activities, icebreakers, and games. For example, during this training each girl prepared an icebreaker to lead during the camp. **[See Program]** Junior counselors knew too that they were the first line of authority during the camp. They kept campers on track and encouraged respectful and participatory behavior, and could serve as a forum to respond to concerns from campers.

**[See Appendix E for Junior Counselor Training Program]**

## 2. JUNIOR COUNSELOR GROUPS

During the camp itself each junior counselor led a group of campers. These groups had a diverse make-up including girls from each high school, various communities and all grade levels. Campers created a group name and symbol and stayed in these groups for the duration of the camp. Additionally, the groups rotated responsibilities, such as clean-up after meals and maintenance of bathrooms. In this way the responsibilities were shared among all campers and they could feel like they contributed to the success of the camp.

## II. C. CAMPER SELECTION

Held in discussion with community members, it was decided that the camp would target 15-19 year old high school girls – 15 from each high school in 2007 and 9 from each high school in 2008.

### 1. CAMPER QUALIFICATIONS

The target audience of Camp CRIOULA was one of the first issues addressed by coordinators. There was much discussion about who should attend Camp CRIOULA. Some community members felt that the camp should include young women who did not attend high school or that the nominations should not be based on grades. Coordinators decided not to include girls outside of high school principally due to logistical reasons. Working through high schools provided a feasible structure for communication, nominations, and accountability for the behavior of campers. Coordinators did decide to stress a de-emphasis of grades; there were already scholastic camps for top-tier students and the leadership and empowerment skills taught at the camp were for anyone who was willing to be participative and respectful. Finally, coordinators decided to include the age range of most high school students, giving preference to older students because they usually demonstrate more critical thinking skills and maturity, and are closer to finishing high school leaving them unqualified to attend the camp in the future.

### 2. APPLICATION PROCESS

#### Camper Selection Schedule

**January 25** – Distribution of Letters and Applications to Teachers

**February 15** – Deadline for Application Submissions

**March 1** – Coordinators Responses to Applicants

**March 10** – Deadline for Accepted Applicants to Respond and Submit Deposit

**March 25-30** – Camp CRIOULA

Coordinators sent a letter to each teacher at each of the high schools asking them to choose at least one female student (ages 15-19) who was active in the classroom, cooperative, team-oriented and had a positive attitude.

**[See Appendix F1]** Emphasis

was made on positive behavior rather than good grades. In this way, coordinators could help to ensure that applicants would not bring behavioral issues to the camp. Each teacher was also given a flyer with more information about the camp and an application to hand out. **[See Appendix F2]**

Each student was given an application to complete and hand back to a designated teacher. The application asked for basic personal information and had four essay

questions. **[See Appendix F3]** The nominated students had two weeks to complete the application.

Coordinators then reviewed the essay portion of the application. Each question was marked as positive (1 point), negative (0 points), or average (0.5 points). With four questions, a perfect essay would earn four points. Usually the applicants with perfect scores were accepted. The only instance where this did not occur was when there were more applicants with perfect scores than spaces in the camp. At this point, coordinators reviewed their background information giving preference to those who live in rural zones. This preference was done consciously because of the substantial differences in resources among rural and more urban zones. Coordinators also tried to limit the number of campers from any one zone in order to foster a true exchange during the camp.

Coordinators made their selections to include 2-3 wait list girls. Every girl received a letter appropriately. Those who were accepted had a limited time to respond with their deposit and permission slip. For those who decided not to participate, coordinators invited someone on the wait list to attend. In 2008, the coordinators experienced a new issue with the applications of campers who had attended in 2007. In order to make the camp accessible to as many as possible, coordinators decided not to allow former campers to attend. **[See Appendix G for Camper Selection Responses]**

### **3. DEPOSIT**

When girls applied they were made aware that upon acceptance they would need to submit a deposit of 500\$ECV. The deposit was done for two reasons. One was to secure their space in the camp. The second was to encourage appropriate behavior during the camp. If a camper broke any of the stipulations stated on the application, she would be dismissed from the camp and forfeit her deposit. All girls received their deposit at the end of the camp.

Campers did not have to pay for any expenses related to the camp – transportation, supplies, or food. Coordinators felt that applying a fee would discourage girls from disadvantaged families and was unnecessary with the adequate funding Camp CRIOULA received. Girls who had difficulty paying 500\$ECV were allowed to pay in installments or were taken at a case-by-case basis usually resulting in a deposit of a lesser amount.

## **II. D. FINANCING**

The camp was primarily funded through the financial support of the three town halls (Câmaras Municipais) of Santo Antão both years. See below for details regarding the participation of each Câmara Municipal. BCA also made a monetary contribution both years – 5000\$ in 2007 and 10.000\$ in 2008. Financial support was also solicited from the US Embassy's self-help fund, various ministries, and ICIEG (Instituto Cabo-verdiano para Igualdade e Equidade de Género). ICIEG was the only institution that responded by sending a representative to speak with campers and covering all of her expenses. Many community members contributed to the camp through in-kind donations **[See Procuring Supplies]**

In 2007, coordinators estimated the total financial need at 480.000\$ESC. In 2008, the total financial need sought was 320.000\$ESC. Although coordinators decided to invite 10

fewer campers, the primary reason to account for this difference was experience. Coordinators were now familiar with the cost of items, ways to budget well (especially in regards to food items), and were cognizant of which items community benefactors were likely to donate. Additionally there were leftover materials from 2007 that decreased need in 2008. **[See Appendix C for the full Proposal]**

### **1. CÂMARA MUNICIPAL DO PAUL**

*2007* - Camp CRIOULA requested 150.000\$ESV and was approved for the full amount. Before the implementation of the camp, only 20.000\$ was given. By the end of the camp, coordinators had received 30.000\$ more. The greatest frustration for coordinators was that they expected to receive financing prior to the camp. Assuming that financing would come through before the camp, coordinators had planned to use this money to purchase food. The Municipal Secretary at that time was very unhelpful and recommended coordinators to purchase food on-credit. Cape Verdean businesses have less faith in the Câmaras Municipais and no store would give food on-credit. Coordinators did not receive the remaining 100.000\$ until two months after the camp.

*2008* - Camp CRIOULA requested 100.000\$ESC and was approved for the full amount. Although it was agreed that the full amount would be made available before the camp, only 30.000\$ESC was given. However, the Municipal Secretary arranged a market that would give food-on-credit. Having made this contract beforehand actually facilitated acquiring food because coordinators simply forwarded the list and the food was ready before the camp. Additionally, coordinators could contact the market at any time to pick up last minute needs limiting the use of petty cash. Finally, this year the Câmara Municipal do Paul provided a lot of logistical support especially in terms of transportation and printing needs.

### **2. CÂMARA MUNICIPAL DO PORTO NOVO**

*2007* - Camp CRIOULA requested 150.000\$ESC and was approved for 18.000\$. Coordinators had to navigate through a series of meetings and miscommunications between councilmen and the mayor in order to get approval and then again to receive financing. However, the 18.000\$ was made available before the camp.

*2008* - Camp CRIOULA requested 80.000\$ESC and was approved for 18.000\$. Once again, coordinators had to navigate through a series of meetings and miscommunications between councilmen and the mayor in order to get approval and then again to receive funding. But, with a lot of persistence, the 18.000\$ was made available before the start of the camp.

### **3. CÂMARA MUNICIPAL DA RIBEIRA GRANDE**

*2007* - Camp CRIOULA requested 150.000\$ESC and was approved for 80.000\$. The financing was made available over one week in advance.

*2008* - Camp CRIOULA requested 160.000\$ESC and, at first, was completely denied funding. Coordinators came to find out that it was due to a misunderstanding: the Mayor was upset that he had not been invited to the *abertura* the previous year. Although coordinators had not had one in 2007, they had invited him to attend the camp. Coordinators then reminded the Mayor of their contributions to the community and the importance of his and the Câmara's involvement in any activity hosted in that

municipality. With the assistance of all councilmen, the Câmara Municipal finally awarded 50.000\$. Approval came a few days before the camp and the financing was available on the last working day of the camp.

## II. E. PROCURING SUPPLIES

The line items in the budget [Appendix C3] were created by evaluating the programming of Camp CRIOULA. Coordinators evaluated the necessary materials for forty campers and ten staff to implement sessions, art activities, recreational activities, prizes, and speakers' needs. Additionally expenses needed to be accounted for house wares, basic needs, and logistical support.

The most costly expense was food. Coordinators spoke with cooks to make a comprehensive meal plan with the gross total of food items. Many community members were not able to make a monetary contribution, but were more than willing to supply food. Therefore coordinators shared the food list and stores contributed items that they had in excess.

Other items were acquired through in-kind donations, much like food. This included donations of firewood, lending of cushions, use of space (including rent, electricity, and water) by the Delegation of Agriculture, and transportation (principally by the Câmara Municipal of Paul). Attached is a sample letter used by coordinators [Appendix I]. Coordinators were fortunate to have many session and art supplies donated from friends and family in the states. These items were either unavailable in Cape Verde or were very expensive.

Requests for contributions were made only two weeks prior to the camp; businesses (much like the Câmaras Municipais) were not willing to give it out until the camp began. Therefore, coordinators were picking up most supplies in the final days leading up the camp.

Supplies, as they relate to each activity, are detailed respectively in the Program.

## II. F. PROGRAMMING

The schedule was developed months in advance so that coordinators could decide what materials were needed in order to allocate funds accordingly in the budget. Additionally, it allowed coordinators to decide which guest speakers or facilitators should be contacted. With a definitive schedule beforehand, coordinators could use it as a guide in implementing the camp.

Every time slot had a theme in order to create consistency. The morning was comprised of a wake-up and optional soccer followed by breakfast. There was a break after breakfast – as with every



other meal – to give time for clean-up. A Life Skills session followed the icebreaker, and then there was a break and snack before the guest speaker at midday. The morning sessions were full of small and large group discussions, role plays, and the introduction of new concepts. This was done because participants usually had more energy in the morning.

In the afternoon, lunch and a break followed the guest speaker. Then there was an art activity, a second Life Skills session, and a break before the community service project. Because participants usually had a lower energy level in the afternoon, more active sessions were planned during this time. In the evening, the participants had dinner, a break and then a night activity before going to bed.

The themes of the Life Skills sessions and guests speakers were decided based on a needs assessment. There was positive feedback to all sessions, speakers, and to art and night activities. However, campers found the schedule tiring and so there were more breaks and snack times built into the schedule in 2008. These time slots also served as a buffer for sessions that run over alleviating stress for coordinators.

In regards to the timing of the camp, coordinators chose the first week in July in 2007 because it was two weeks after school was completed. It was not put any later during the summer in order to accommodate outgoing volunteers and because August is a vacation month in Cape Verde. In 2008, coordinators decided to hold Camp CRIOULA during Easter break for two reasons: (1) They were all outgoing volunteers and coordinators did not want to risk leaving before all finances were taken care of. (2) Local elections were scheduled at the end of May followed by a mandatory impasse of six weeks which would have likely compromised funding.

## III. CAMP CRIOULA

### III. A. LOCATION

The primary need in regards to location was to evaluate if the facility had dormitories, conference room(s), kitchen, bathrooms and showers, and an area for recreational activities. Also, it should not have been too remote allowing for feasible access to invited guests and emergency facilities.

Coordinators identified two locations that met these needs: Escola Secundária do Coculi and Centro Agrícola de Afonso Martinho, both located in the Municipality of Ribeira Grande. In 2007, coordinators used Escola Secundária do Coculi but moved to Afonso Martinho in 2008.

While both facilities were enclosed, Escola Secundária do Coculi was in a more public area and coordinators had to worry constantly about unwanted visitors and spectators. Afonso Martinho offered a more remote location, but did not compromise on access to emergency services. Both locations were used free of charge. In 2007, the director of Coculi decided to charge for electricity after the camp, but nothing ever came of it. Coordinators made sure to secure water and electricity in the agreement with Afonso Martinho in using the space in order to avoid possible confusion later. Both years, Camp CRIOULA needed to provide gas tanks (donated by ENACOL both years) and house wares products to keep the space clean. Additionally, coordinators had to arrange cooks (which were hired from the respective locations) but could use all kitchen equipment; at Afonso Martinho, coordinators needed to bring a refrigerator. Besides these needs, both locations provided the fundamental needs for the camp. **[See Appendix H for Location Request]**

The following questions were taken into consideration when selecting a campsite:

- Are there cooking facilities?
- Are there sports facilities?
- What is the access to bathrooms?
- Are there spaces for sleeping? Does Camp CRIOULA need to provide cushions and other bedding necessities?
- Is there water and electricity?
- What activities are available in the area? Are there places to play soccer? Or hold a campfire?
- Where is the closest medical facility? What is the transportation to this facility?
- Do cell phones work at the campsite?

### III. B. LOGISTICS

Many of the minute logistical details are articulated in their relevant topics. However, transportation- and food-related logistics are described below.

#### 1. TRANSPORTATION

Coordinators arranged round-trip transportation for all of the campers. For Porto Novo, all of the campers met at the Centro de Juventude to come with a hired hiace. For Paul, all of the campers met at the praça in Vila das Pombas to come with a hired hiace. For the girls who attended Escola Secundária Coculi, a hired hiace started in Chã de Igreja (the furthest point) and picked the girls up along the way. All other campers in Ribeira Grande met in front of the Escola Secundária Suzete Delgado and came with a hired

hiace. On Sunday, those hiaces returned to pick up the campers and take them home. Coordinators negotiated prices with the drivers and in most cases received discounts. Additionally, the hired hiaces carried cushions or any other extra materials that needed to be transported.



## **2. FOOD**

Coordinators spoke with someone who had experience catering large groups of people to make a six-day meal plan for approximately 50 people. This meal plan included breakfasts, lunches, dinners, and two snacks per day. It also included a “nicer” lunch to cater approximately 75 people on the final day for the honorary guest speaker and invited guests. In addition to this meal plan, a list was made by food item giving the quantity of each needed for the entire week with approximate costs. Coordinators used this meal plan to ask for donations and the rest was sent to a market that was contracted to supply food for the week.

In terms of cooks, coordinators hired the cooks at the location; the same occurred in 2007. Coordinators found that this was easiest since the cooks were already familiar with the place and had experience with cooking in large quantities. Campers assisted them with cleaning up after every meal and gave them thank you cards with camp T-shirts in appreciation for their work. Coordinators paid each cook 6000\$ for the week.

## **III. C. PROGRAM**

The program of Camp CRIOULA was created months in advance. It lied at the core of camp planning and the successful implementation of activities. The programming choices have already been outlined above and following subsections detail the executed activities and modifications to the original program. [See **Appendix C4** for the original program and **Appendix D** for the program as it occurred.]

### **1. OPENING & CLOSING ACTIVITIES**

#### **a. OPENING ACTIVITIES**

As the girls began to arrive, they dropped their things off in the dormitories and then came to the conference room to check-in. At check-in coordinators confirmed contact information of each camper. (Coordinators made a master list from the information provided on the permission slips.) While coordinators did this, campers made nametags that would be used for the duration of the camp. They were given markers, crayons and stickers to personalize their nametags.

Afterwards the coordinators and campers created a list of rules for the camp. It reinforced the regulations articulated on the permission slip regarding the deposit and confirmed their understanding. Counselors facilitated discussion while campers came up with their own rules allowing them to take ownership. They were put on the wall so that they were accessible for the duration of the camp.

#### **b. CLOSING ACTIVITIES**

On the final day, coordinators thanked participants for their attendance and acknowledged their hard work during the camp. Every camper received a diploma [See Appendix L] and personal recognition for her enthusiasm in the camp. Additionally, coordinators identified some campers who excelled in the camp for various reasons:

- Top Crioula
- Participation
- Overall Good Camper
- Improvement
- Showed Interest
- Creativity
- Energy
- Leadership
- Best JC Group

In many of these categories more than one camper won. Although each camper was given prizes, these winners received additional ones for going above and beyond. Also, each junior counselor was acknowledged for her dedication during the camp. Afterwards, participants were free to share any comments with the group and start the closure process.

## 2. JOURNALS

At the beginning of the camp, every camper was given a folder which included a notebook, two pens, two pencils, a ruler, scissors, a glue stick, and a travel sewing kit. These supplies were to be used for a variety of activities throughout the camp and the campers were allowed to keep them afterwards. One of the first activities was to decorate the notebook so that it could be used as a personalized journal for the duration of the camp. [See Art Activities]

Throughout the camp, coordinators promoted self-expression, creative thinking and critical thinking through encouraging journaling. Before each session, coordinators introduced upcoming speakers so that campers could list questions or concerns that they would like answered and/or clarified. Additionally, journal topics were given each day for the campers to reflect upon. Finally, campers were encouraged to journal – draw pictures; write feelings, thoughts, and ideas; doodle; write poems; record goals and accomplishments. One participant took the journaling opportunity to write poems about women’s empowerment and her experience at the camp that she then shared during the talent show at the end. Campers also used their journals as a “yearbook” – jotting down each others contact information and writing final notes to newly made friends.

## 3. ICEBREAKERS

Every day began with an icebreaker in order for the campers to get to know one another. The first day was facilitated by coordinators for all participants to get to learn one another’s names. The remaining icebreakers were led by junior counselors.

During their training, junior counselors prepared icebreakers that they would then individually lead during the camp. Each junior counselor had to name her icebreaker, identify the size of group, the time it would take to complete, materials needed, the steps of the icebreaker, and its overall objective(s). [See insert for an example]

### Imitação

*Tamanho de Grupo:* 10-15 pessoas

*Duração:* 15 minutos

*Materiais:* -

*Objectivos:* Desenvolver a criatividade, divertir, animar, criar um clima de entendimento.

*Instruções:*

1. Formar um círculo ordenadamente;
2. Um indivíduo fica no meio a imitar animais, os restantes tentam adivinhar;
3. Quem adivinhar primeiro troca de lugar com o intimidar.

#### 4. LIFE SKILLS

The Life Skills program is a comprehensive behavior change approach that concentrates on the development of the skills needed for life such as communication, decision-making, thinking, managing emotions, assertiveness, self-esteem building, resisting peer pressure, and relationship skills. Additionally, it addresses the important related issues of empowering girls. The program moves beyond providing information to the development of the whole individual – so that a person will have the skills to make use of all types of information, whether it be related to HIV/AIDS, STDs, family decision-making, safe motherhood, other health issues, and relevant data. The Life Skills approach is completely interactive, using role plays, Forum Theater, games, group discussions, and a variety of other innovative teaching techniques to keep the participant wholly involved in the sessions.<sup>8</sup>

Life Skills was the most important aspect of Camp CRIOULA. In order to empower young women they needed the skills necessary to capacitate them to become leaders within their communities. Therefore each day featured at least one Life Skills session including peer pressure, early pregnancy prevention, women’s health, self-esteem, and decision-making. These particular sessions were chosen after conducting a community needs assessment and evaluating 2007’s sessions. However, it is important to note that all other parts of the camp embodied the theme of Life Skills whether it is team-building in the Olympics, critically thinking about the environment, or self-esteem building in doll making.

##### a. PEER PRESSURE

Peer pressure is one of the most powerful issues in the life of anyone, especially a young person. It is important to think about and practice approaches to peer pressure when attempting to develop the skills necessary to lead a healthy, positive life. Adopted from “Peer Pressure Role Plays,”<sup>9</sup> coordinators created role playing scenarios that a young person might realistically face in Cape Verde. The overall objectives of this activity were for participants to describe common situations faced by young people, list strategies for dealing with peer pressure, and to identify the strategies that they are most comfortable with.

The group was divided into their four junior counselor groups and each given a role play card. The groups met, talked about the peer pressure situation, and came up with a realistic reaction or response for the problem. Then each group created a role play showing the situation and how the young person resisted peer pressure. Participants were reminded that each situation should be realistic. Peer pressure is so powerful because young

##### Scenarios:

1. *You are at a party with your brother who is very drunk and wants to drive home.*
2. *Your boyfriend is pressuring you to have sex. He tells you that you don’t love him if you don’t have sex.*
3. *A couple of your best friends are using drugs and want you to do it with them.*
4. *Your boyfriend is pressuring you to have unprotected sex.*

<sup>8</sup> Peace Corps, Life Skills Manual (ICE M0061), 2001. Part I – 3.

<sup>9</sup> Life Skills Manual, “Peer Pressure Role Plays,” VII - 9



prevent HIV transmission. But if someone is having sex, latex condoms are a good barrier to protect one from coming in contact with the fluids that transmit HIV. However, condoms are not 100% effective, usually because they are not used consistently or correctly. The girls were encouraged to express their dislike, fears, and discomfort openly. Once the girls were taught how to correctly use a condom, they were broken up into their junior counselor teams and given a bunch of condoms. The teams stood in line and went one-by-one to the demonstration model, correctly put the condom on, came back to their team mates and tagged the next person who went up and repeated the process. When all members of one team had correctly put condoms on the models, that team won.

These women's health activities in addition to the nurse's session ensured a comprehensive understand of prevalent health and behavior issues affecting women.

### c. EARLY PREGNANCY PREVENTION

Coordinators led a session early pregnancy prevention facilitating discussion on behaviors that lead to early pregnancy, the various risks of unprotected sex, and strategies for making healthy choices. The session was introduced by asking the girls to respond to several questions:

- Why is it important to wait before having children?
- What conditions are appropriate for starting and sustaining a healthy family?
- What is family planning? When should you use family planning?

After thinking about these questions, several participants were chosen to share their opinions with the group.

Coordinators then introduced "Sexual Norms and Social Pressures." The objective of this activity was to encourage the participants to identify sexual norms and social pressures that Cape Verdean youth experience and determine which are more experienced by girls. In the next activity, "Risk Behavior,"<sup>13</sup> participants identified no-risk, low-risk, and high-risk sexual behaviors that could result in early pregnancy or transmission of HIV/AIDS or STIs.

In the next activity, "Teenage Pregnancy,"<sup>14</sup> participants listed the things that they would like to accomplish before starting a family and then to imagine the likelihood of accomplishing these things if they became pregnant at their present age. In "Strategies for Delaying Sex"<sup>15</sup> participants identified the reasons for having sex and the reasons for abstaining from sex; they were also



<sup>13</sup> Life Skills Manual, "Risk Behavior – Testing the Waters" V – 55.

<sup>14</sup> Life Skills Manual, "Teenage Pregnancy," V – 47.

<sup>15</sup> Life Skills Manual, "Delaying Sex," V – 13.

given a list of suggested strategies for delaying sex. Finally, in “Negotiation of Condom Use,” participants reflected on the need for having safe sex and the appropriate time to talk about this with their partner. At the end of the session, participants were given a journal question for further consideration of the topic: “What is your personal strategy for preventing early pregnancy?”

#### d. SELF-ESTEEM<sup>16</sup>

Sra Albertina Delgado combined two activities to help the participants have an understanding of their own worth. Sra Delgado worked with the campers by discussing what they felt was a definition of “self-esteem” and from where did they think self-esteem comes. The girls were then given some time to reflect on their own self image identifying how they viewed themselves and what were the most important parts of themselves.

This was then followed by a feel good activity to raise self-esteem. Each of the girls was given a piece of paper and tape that they then placed on their backs. The girls were reminded that sometimes we forget to tell each other the good things that we like about one another but we all have some positive things that we would like to say. This activity gave them the opportunity use positive words to describe their colleagues and identify the strengths of others in the group. Afterwards, some campers shared what others had written of them. This served as a powerful reinforcement to self-esteem as participants “own” the statements by reading them aloud and sharing them with the group.

#### e. DECISION-MAKING

Professor Benvinda Rodrigues was invited again to address decision making through combining two activities: “Steps in Making a Good Decision”<sup>17</sup> and “Just Between Us.”<sup>18</sup> The overall objectives of this session were for participants to be able to list some steps in making a decision; describe some of the important factors to consider in decision-making; and describe the link between values and decision-making.

The idea behind the first exercise was for participants to imagine that they were about to make an important decision, to work through the process that they might use to come up with ideas towards that decision-making, and finally, to list the steps that one might take in attempting to make that decision.

The participants were divided into their four junior counselor groups. Each group was given one card with one decision-making scenario on it. The groups then did the following:

- Met and discussed the situation.
- In trying to make the decision, what should the people in the scenarios do first?
- List the steps that the people should take in trying to reach their decision.
- Finally, as a group, discuss the situation and make a decision for the scenario on the card.

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<sup>16</sup> Life Skills Manual, “Self Esteem Building: Do We Have Self-Esteem?” VII – 17; “Self-Esteem Building: ‘A Pat on the Back’ VII – 33.

<sup>17</sup> Life Skills Manual, “Steps in Making a Good Decision,” V – 3.

<sup>18</sup> Life Skills Manual, “Just Between Us,” V – 9.

- On the flip chart, they wrote the steps to making a decision, what decision the group would make for the scenario, and the reasons for the final decision. Each group then presented its ideas to the larger group and discussed each situation in turn. After all groups finished, they summarized the decision-making process.

In “Just Between Us,” they practiced their decision-making and thinking skills in a debate-style role play. Their scenarios tackled difficult issues and so they were encouraged to discuss among groups before they decided on what the outcome of their situation should be. The goal of this exercise was to highlight that decision-making is not always an easy process. Finally, Sra Rodrigues emphasized the need to accept responsibility for one’s actions. That they need to realize that each of their actions comes with a consequence, and that, after being given the ability to make a decision and choose, they must accept responsibility for the choices they make.

#### f. CHALLENGES AND RECOMMENDATIONS

The Life Skills sessions were an overall success. Two of the three guest facilitators were invited for a second time because they were well-received the first year. All facilitators were trained previous to the camp in Life Skills and, therefore, each session was executed well. The sessions themselves were chosen based on the results of a needs assessment and evaluations from 2007. Each session was modified to address the reality of Cape Verdean women. Because Life Skills incorporates an interactive approach, the participants were actively involved; however, while role plays are always received well by Cape Verdean youth, there were often challenges to time management. Therefore, coordinators and facilitators acted accordingly and as needed.

### **5. OTHER ACTIVITIES**

In addition to Life Skills, Camp CRIOULA addressed other relevant topics for the empowerment of Cape Verdean women. These included a leadership session, career development, identifying the roles of Cape Verdean women in their communities, environment, and a weeklong session about developing a community service project.

#### a. LEADERSHIP

Upon reflection of last year’s camp, it became apparent that although Camp CRIOULA was a leadership camp and, although participants were given the skills to enable them to become leaders, there was not a specific session on leadership. Therefore, in 2008, Camp CRIOULA introduced its first leadership session.

The campers broke up to pairs and create tableaux whereby one demonstrated power and the other demonstrated powerless. Each pair worked alone and then shared their interpretations with the rest of the group. After the presentations, participants were asked to reflect upon the themes that they saw occur among all of the tableaux. The girls identified that often power vs. powerless were visible in the boss/employee, husband/wife, and parent/child relationships. Additionally, demonstrations of power were often negative, even violent, and that there were significant gender implications whereby the woman was often shown in a place without power. Finally, the participants were asked if power is a defining characteristic of a leader. And if so, how can one

modify her behavior as a leader when one juxtaposes the aforementioned perceptions of power?

#### b. CAREER DEVELOPMENT

Career development was first presented in 2007 and the guest speaker, psychologist Yamilé Yut, was invited to speak again this year because her dynamism and the relevance of this subject. Despite several confirmations beforehand, however, she did not show. Therefore coordinators could not arrange another speaker in her absence. Instead coordinators led a session about peer pressure with the campers. **[See Life Skills]**

#### c. CAPE VERDEAN WOMAN'S DAY

Coordinators took advantage of this commemoration day occurring during the camp in order to celebrate and reflect on the life of a Cape Verdean woman. In their junior counselor groups, participants reflected upon the current and potential roles of a Cape Verdean woman (a) in the workplace, (b) in the family, (c) in love, and (d) in education. The campers identified the following:

<p><u>1. Mulheres no Trabalho</u> <i>Situação corrente:</i> trabalhos domésticos – cuidar dos filhos, empregadas, cozinheiras <i>Possibilidades de melhorar no futuro:</i> eliminar preconceito, exercer qualquer papel no trabalho</p> <p><u>2. Mulheres na Família</u> <i>Situação corrente:</i> sustentar filhos, cuidar da casa, cuidar dos filhos, educadora, impossibilidade de trabalho, medo de exigir os seus direitos <i>Possibilidades de melhorar no futuro:</i> lutar que para as suas vozes ser em ouvidas, independência de homens/ equilíbrio na família, eliminar preconceitos, mais coragem</p>	<p><u>3. Mulheres na Relações Amorosas</u> <i>Situação corrente:</i> sensíveis, frágil, romântica, indefesa <i>Possibilidades de melhorar no futuro:</i> mudar opinião dos homens sobre a forma correcta de tratar uma mulher, mais expressão na relação</p> <p><u>4. Mulheres na Educação</u> <i>Situação corrente:</i> educadora (principalmente em jardim e primaria), muita participativa na educação, capacidade intelectual, batalhadora para o seu lugar, objectiva <i>Possibilidades de melhorar no futuro:</i> associação para desenvolver o seu papel, lutar para curso maior, força e vontade</p>
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Afterwards, each group made creative expressions of women in their current and potential roles. Throughout their presentations, a theme kept coming up that the girls adopted as their motto: *Mulheres unidas jamais serão vencidos.*

#### d. ENVIRONMENT

Coordinators invited ETMA (*Equipa Técnica de Meia-Ambiente*) of the Câmara Municipal do Paul to speak with the girls about the environment. Sra Neusa do Carmo Silva led a group discussion making the girls reflect on the current state of the environment in Cape Verde. She did not speak on a global level, but rather asked the participants to identify ways in which their own actions have an impact on the environment. She engaged them in critical thinking on their own behaviors and those of community leaders – including the local and national governments.

## 6. COMMUNITY SERVICE

The community service activity lasted the duration of the camp and was intended to teach campers what community service was and to design specific community service projects. The outcome was that campers would be enabled to plan a realistic community project that they could carry out in their local communities.



On the first day, campers as a whole reflected on defining “community.” What are some examples? What are some characteristics of a community? What makes a community a community? Coordinators then presented an example of a community map and explained what community assets are – positives characteristics, aspects that benefit our communities. The campers were then divided into groups by zone (the only

activity during Camp CRIOULA when this happens) - Paul, Vila da Ribeira Grande, Ribeira Grande, Cidade do Porto Novo, Porto Novo (Ribeira das Patas) – so that campers could reflect specifically on their own communities. They then presented their maps to the entire group.

On the second day, coordinators shared their community map with the campers again but this time with community problems, issues and challenges demonstrated in black. They explained that no community was perfect and asked campers to reflect on the problems, issues, and challenges that their own communities face and to share them with the larger group. Below is an example of what one community articulated as its positive and negative aspects.

CIDADE DO PORTO NOVO	
<u>Aspectos Positivos</u>	<u>Aspectos Negativos</u>
Festas de Romaria	Festas de Romaria
Desenvolvimento	Falta de Ocupação
Oportunidades	Riola
Actividades Desportivas e Recreativas	Desemprego
Paz	Gravidez Precoce
Segurança	Álcool
Hospitalidade	Delinquência Juvenil
Solidariedade	Desenvolvimento
Igualdade Escolar	Falta de Ética Profissional

On the third day, coordinators facilitated a discussion about the community maps. The maps served as a means to remind themselves about the many aspects of their communities and to learn about their problems. Then coordinators spoke about community service. They explained the ripple effect and how if one does something positive for one’s community, it could have a positive impact on our world just as doing something negative has an impact on our world.

The coordinators then give an example of volunteer work that they have done in Cape Verde using the following model:

*Meta:* Uma frase breve para explicar o que você queria fazer.

*O Que:* O que você vai fazer? Explicar a(s) meta(s).

*Quem:* Quem vai ajudar a realizar a(s) meta(s). Criar uma rede – “networking.”

*Onde:* Qual lugar?

*Quando:* Criar uma linha cronológica com datas específicas.

*Como:* Fazer listas do se que pretende fazer.

*Porque:* Porque a comunidade precisa deste projecto.

For the following two days, each group chose one of the negative aspects in their communities that they could realistically change. Using the model provided, they outlined the way in which they could accomplish this change and carryout a community service project.

#### CIDADE DO PORTO NOVO – OCUPAÇÃO PARA OS JOVENS

*Meta:* Criar ocupação para os jovens.

*O Quê:* Criar um centro para realizar várias actividades, como por exemplo, trabalhos manuais, obra de arte, jogos desportivos, noites culturais, orientação vocacional e campanhas de limpeza.

*Quem:* CMPN – apoio financeiro, fornecimento de materiais e também um espaço desportivo; bancos patrocinadores – BCA, BCN, CECV; Hotel Santantão Art Resort – patrocinador; Eugénio Inocência – formador; Carvalho – formador; Corpo da Paz – fornecimento materiais; Hospital e Cruz Vermelha – fornecimento de preservativos; Cabocem, Cavibel, Construmilton – patrocinadores; professores.

*Onde:* Centro de Juventude, Recinto 5 de Julho, Internato, Cruz Vermelha

*Quando:* Durante o ano, mais precisamente nas férias que iniciarão de 10 de Julho à 20 de Agosto 2008. De 9 de Maio, entregaremos a proposta e uma carta pedindo apoio financeiro. No dia 12 de Maio, as 8:30h, falaremos pessoalmente com o Sr. Alexandrino Lima, Director do Centro da Juventude. No mesmo dia, as 11:00h, falaremos com os formadores e a Directora do Internato, Sra. Ana Vasconcelos. No dia seguinte enviaremos cartas para o Santo Antão Art Resort, Construmilton e Centro de Saúde do Porto Novo.

*Como:* Criação de um programa do que queremos realizar.

Duração das Actividades por período—

1. De 10 à 20 Julho, realização de trabalhos manuais.
2. De 25 Julho à 10 de Agosto, realização de jogos desportivos, com o apoio dos professores e a participação de cada zona.
3. De 15 Agosto à 17 de Agosto, palestra sobre orientação vocacional com o psicólogo, Sr. Luis Barbosa no Internato.
4. Dia 18 de Agosto, um lanche para todos os participantes e patrocinadores, com entrega de diplomas dos 30 formandos que foram seleccionados, sendo 15 raparigas e 15 rapazes de idade compreendida entre os 15 à 20 anos.

The girls presented their community service projects to coordinators and then to invited guests on the last full day of the camp. Through their presentations, they were able to share with leaders of their communities their visions to ameliorate their communities. Additionally, the junior counselor from Porto Novo spoke to the girls about how the group from Porto Novo in 2007 implemented their community service project after the camp.

## 7. SPEAKERS

Every day featured a guest speaker to assist the opening, address reproductive health and domestic violence, share a Cape Verdean woman's professional experience, and an honorary guest speaker. Guest speakers were invited to share knowledge and resources and to provide role models.



### a. OPENING

An opening, *Abertura*, is a Cape Verdean formality that respectfully recognizes the hosting community or municipality. An *abertura* did not occur in 2007 simply because of coordinators lack of awareness. However, in 2008, the Mayor of the Municipality of Ribeira Grande (the hosting municipality) was invited to say some opening remarks regarding Camp CRIOLA.

The Câmara Municipal of Ribeira Grande sent Councilman Arlindo Fortes to welcome the participants and speak a little bit about women's empowerment. Sr Fortes was then invited to witness the camp's opening activities. The girls broke up into their four junior counselor groups by popping balloons and reading aloud the name of a camper and her junior counselor. Afterwards, the campers split into their groups to make a group identity including a name and symbol. In keeping with the goal of promoting new friendships, coordinators made each group have equal representation of each municipality, age, and school year. Campers stayed in these groups for the duration of the camp.

### b. REPRODUCTIVE HEALTH

Enf<sup>a</sup> Adelina Santos returned this year to speak with the girls about reproductive health. Her session covered several topics related to reproductive health including the menstrual cycle; prevention of sexually transmitted infections; STIs/HIV/AIDS; pregnancy prevention; and condom use among others. She also offered information regarding services and options available on Santo Antão. The girls prepared questions beforehand which they submitted anonymously to a question box. Nurse Santos answered each question reviewing material and clarifying any doubts. Her session was received very well for the second year and the nurse informed coordinators that many campers from 2007 sought out her advice throughout the past year.

### c. DOMESTIC VIOLENCE

ICIEG (Instituto Cabo-verdiano para Igualdade e Equidade de Género) supported Camp CRIOULA in 2007 by sending Sra Elsa Fortes to speak with participants about gender issues in Cape Verde. Supporting the camp again in 2008, Sra. Fortes came on Cape Verdean Woman's Day to speak with campers about domestic violence – a subject missing in 2007, but an issue that is prevalent in Cape Verdean society.

Leading an informal discussion with the campers, the group identified the principle causes of domestic violence. Sra Fortes also taught them about the components of domestic violence and how it works in a cycle. [See insert for notes on their discussion] Finally, Sra Fortes led a discussion about cultural factors regarding domestic violence in Cape Verde, options and resources for victims of domestic violence, and ways in which the participants could help prevent and respond to domestic violence.

#### d. CAPE VERDEAN PROFESSIONAL

Each year the camp tried to have a Cape Verdean professional come to speak with the campers about her experience and obstacles in her professional life. This year Architect Anilda Delgado of Porto Novo was invited to speak with the girls. Unfortunately, she was not able to attend. And although she gave three-day advanced notice of her cancellation, coordinators decided not to replace her. Her time slot was towards the end of the camp and used to finish up incomplete activities instead.

#### e. HONORARY GUEST SPEAKER

Mayor Isaura Gomes of São Vicente, the first and only female mayor at this time, was invited both years to speak with the campers. Both years she was confirmed up to 48 hours ahead of time and both times she cancelled. Based on this experience, it would not be recommended again to invite her participation in events on Santo Antão. This year's coordinators were fortunate to receive almost two days notice.

*Causas de Violência Doméstica*

- *Alcoolismo*
- *Pobreza → dependência econômica*
- *Analfabeto → falta de educação*
- *Dependência emocional → baixo auto-estima*
- *Poligamia*
- *Ciúmes*
- *Cultura*

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*Ciclo de Violência Doméstica*

The diagram illustrates the cycle of domestic violence as a continuous loop. It features a central circle with three diamond-shaped nodes connected by arrows in a clockwise direction. The top node is labeled 'Tensão' (Tension). An arrow points from 'Tensão' to the right node, labeled 'Agressão' (Aggression). An arrow points from 'Agressão' to the bottom node, labeled 'Lua de Mel/Reconciliação' (Honeymoon/Reconciliation). An arrow points from 'Lua de Mel/Reconciliação' back to 'Tensão', completing the cycle.

**Questions prepared for Mayor Orlando Delgado**

- *Is there an attempt to sensitize police about domestic violence?*
- *What is the participation of women in the CMRG?*
- *What can we do to increase participation of women in the government?*
- *What is the Municipal's plan for women's empowerment?*
- *What are higher education opportunities for women in and outside of Cape Verde?*
- *What can men do create equality of gender?*
- *What is being done to enforce laws already in place to protect the environment?*
- *What is being done to enforce laws already in place to ensure the rights of women?*
- *What is being done to bring institutions (particularly in Praia and S. Vicente) to Santo Antão?*
- *What projects or activities are or will be occurring in Santo Antão to empower women?*

Mayor Orlando Delgado of Ribeira Grande offered to replace her and speak about growing opportunities for women in government. In order to prepare for his speech on democracy and women's ability to participate in and influence civil structures, campers brainstormed questions. [See insert] Unfortunately, he did not show.

It is important to mention that this session served as an opportunity for coordinators and campers to welcome camp benefactors and thank them for their contributions. Therefore, all people associated with the camp were invited to attend this lecture. In anticipation of a second cancellation, coordinators prepared activities. First, coordinators took the opportunity to speak about Peace Corps – its history, its presence worldwide, its role in Cape Verde, and the experiences of Volunteers. Second, coordinators led campers and guests in a team-building exercise. This allowed guests to see a typical camp activity and be involved in learning lessons from the campers. Finally, the campers presented their community service projects. Guests were able to witness the culmination of a weeklong project – one that could potentially affect their own community. **[See Appendix J for Invitation]**

f. CHALLENGES AND RECOMMENDATIONS

Guest speakers were invited based on evaluations and recommendations of community members. Coordinators kept in mind some topics they would like addressed such as women's health, domestic violence, and women in government; however, community members were solicited for their advice regarding the best speakers to

address such themes. The biggest challenge was ensuring that invited (and confirmed) speakers attended their sessions. Part of this challenge could be alleviated through confirmation. It is socially and culturally acceptable in Cape Verde to make a commitment and cancel a few days before. Therefore, coordinators confirmed speakers several times before their sessions. In the case of Architect Anilda Delgado, coordinators had sufficient notice to arrange another guest speaker, but decided not to because of other programming concerns. Little could be done in order to avoid no-shows who were confirmed within a 24-hour window of the speech. Learning from 2007, coordinators prepared back-up activities that could be readily implemented. While guest speakers provided the largest challenge in terms of programming (due to the high rate of cancellations), it was still seen as an important part of the camp; Cape Verdean women's experiences provide insight into the reality of both the possibilities and the constraints that campers will face.

Finally, each speaker received a certificate and t-shirt in thanks for her participation. **[See Appendix K for Speaker Certificate]**

## **8. ART ACTIVITIES**

Each day featured an art activity: journal decorating, doll making, t-shirt design, and friendship bracelets. The last day allowed for girls to finish up any incomplete activities and work on their part for the talent show **[See Night Activities]**.

### **a. JOURNAL DECORATING**

Every camper received a journal along with supplies to use during the camp. One of the first activities was for each girl to decorate her journal in order to personalize it. The activity aimed to encourage self-expression and creative thinking. They were given magazines and stickers and used the scissors and glue sticks in their folders to make the collage. It was suggested to the campers that they create a collage of pictures that represent them – who they are, what they like, things that are important to them, and dreams that they have.

The journal decorating activity was originally scheduled for the afternoon of the first day. Because of the logistical constraints for the soccer tournament scheduled that evening, the events were switched. However, in the end, this was better because it allowed for more flexibility giving the girls more time to decorate and clean-up. Finally, at the end of the camp, the girls were allowed to take any magazines home.

### **b. DOLL MAKING**

Doll making was a creative thinking activity that promotes self-expression. Members of the community, volunteers, and friends in the United States donated scraps of fabric, buttons, sequins, yarn, thread, and other things for this art activity. Learning from 2007, coordinators pre-cut the doll pattern to give the girls more time to work on designing their dolls and less time on making the cut-outs. Four stations were set up – (a) cloth, (b) yarn, string, and the like, (c) beads and buttons, and (d) cotton – to facilitate distribution of materials. The girls could work on the dolls throughout the week and those who wanted to could display them for the session with invited guests.

### **c. T-SHIRT**

Every camper was given a Camp CRIOULA shirt and the option to tie-dye or decorate it with puff paint. When the t-shirts were distributed, coordinators took this as an opportunity to take a group photo, which was then given to each girl and donor as a thank you gift. This activity ended up occurring a day late due to weather concerns. Additionally, the decorating activity took longer than planned because it was the coordinators' first time working with tie-dye. The girls were hesitant to use it, but after seeing the results more girls wanted to participate than originally planned. Coordinators used the cancelled session on Friday to allow all girls who wanted to to tie-dye.

### **d. FRIENDSHIP BRACELETS**

During this activity, the girls helped one another to make friendship bracelets keeping them for themselves or giving them away to friends. In order to make this session more efficient than last year's, coordinators pre-cut embroidery floss for the girls to choose. In

groups of three, girls came to the central table to choose a limited number of strings. In order to eliminate confusion through one person teaching forty others, campers who already knew how to make friendship bracelets, including junior counselors, taught others at their tables.

#### e. CHALLENGES AND RECOMMENDATIONS

Almost all sessions ran over their time limit. In order to allow girls to finish their projects they were allowed to work on them during breaks and at night. Also coordinators decided not to replace the cancelled speaker on Friday in order to allow the girls to finish art activities and/or community service projects.

The biggest issue with allowing the girls to work on the art activities afterwards was that they would work on them during other sessions. In response, coordinators had to enforce time frames for when it was appropriate for girls to work on their art projects.

### 9. NIGHT ACTIVITIES

#### a. SOCCER TOURNAMENT

Originally scheduled for the first night, this activity was moved to the day because of lack of lighting. The campers played at a local field within a few minutes walking distance. They broke up into their junior counselor groups and played a minimum of two ten-minute games. There were quarter-finals, semi-finals, and finals, and the winning team won prizes. As this was one of the first activities, it quickened each team's identity through fostering teamwork.

#### b. CAMPFIRE

The campfire was an opportunity for coordinators to share with campers an American camp tradition. Space was donated by the owner of the land in front of Centro Agrícola de Afonso Martinho along with assistance in starting the fire. Coordinators were fortunate to arrange private land this year, which allowed for more security and less intrusion by unwanted company. Wood was donated by a local *padaria*, skewers from a local *churrasqueira*, and the s'mores supplies sent by family members in the states.

During the campfire, campers sang songs, told stories, and participated in the "I can't" funeral. Before the campfire, the campers were asked to think about things that they think they can't do. Each girl was given paper to write these things down. At the campfire, coordinators spoke about the importance of believing in oneself and not allowing others to tell you that you can't do something. Girls were given an option of sharing their "I can't" with the group and then, one by one, throwing them into the fire. The goal of the activity was to promote self-confidence and solidarity among the girls.

#### c. OLYMPICS

On the third night, coordinators facilitated a Camp CRIOULA Olympics. The purpose of this activity was to have fun and encourage teambuilding. Coordinators emphasized having fun and deemphasized competition. In the first exercise, all campers participated

in musical chairs. Afterwards participants were divided into their junior counselor groups. Together with their teams, campers did a series of activities: wheelbarrow race, orange race, spinning game, 3-legged race, and doughnut-eating. The first four activities were relay races in which individuals or pairs had to successfully complete their part in order for the entire team to finish. Each team won points related to its placement. At the end of the Olympics, the winning teams won prizes accordingly.

In terms of logistics, the Olympics needed few materials. Coordinators used things already being used for the camp such as tape, chairs, and string. Then they arranged the remaining materials. There were no problems in the implementation and the activity was received well.



#### d. FILM NIGHT

On the second to last night, coordinators arranged a film night for the campers. The television and DVD player were donated by the local Centro de Juventude for the activity and coordinators asked cooks to prepare popcorn for the night. Coordinators decided to show a film on this night because the girls are usually tired towards the end of the week.

Before showing the main feature, which was a leisure film about a girl who accomplishes her dreams through dance, coordinators showed vignettes from *Scenarios from Africa*. *Scenarios from Africa* was a community mobilization and education project on HIV/AIDS carried out in partnership with hundreds of organizations in Africa and beyond. These vignettes addressed different topics related to HIV/AIDS and awareness-raising activities.

#### e. TALENT SHOW/DISCO

On the final day of the camp, campers were given time to reflect on a creative activity to share with the group that night. The talent show and disco was scheduled for the last night in order to give campers and coordinators a chance to start the closure process. All campers were encouraged to participate and coordinators hope that campers felt comfortable expressing themselves by this point in the camp. Some campers danced and sang while others used information disseminated throughout the camp. One camper presented a poem about women in Cape Verde and others did role plays or theatrical representations about domestic violence. After the talent show, coordinators arranged music and hosted a “disco” for the girls. Dance and music are a large part of Cape Verdean culture and the girls, quite literally, danced the night away.

#### f. CHALLENGES AND RECOMMENDATIONS

The only challenges regarding the activities at night were logistics related. Coordinators needed to arrange materials such as a television, speaker or firewood beforehand. Thankfully there were no hiccups in the preparation or execution of the activities and they ran well.

## **10. STAFF MEETINGS**

Every night staff met to review the day's activities and prep for the following day. Staff spoke about any behavioral issues or any campers that needed attention for whatever reason. Then coordinators reviewed the next day's activities discussing any final preparations. This could be purchasing materials, last-minute food needs, speaker confirmation, or session prep. Additionally, they discussed any announcements that needed to be made the following morning. Finally, because campers were in facilities separate from staff, coordinators rotated having staff sleep in their dormitories. This ensured that lights were out at the appropriate time

## IV. POST-CAMP

### IV. A. EVALUATIONS

After the camp, coordinators sent each camper a group photo along with an evaluation. Coordinators asked that the campers take time to reflect on the camp and give any comments or recommendations to improve future camps. [See Appendix M]

#### 1. RESULTS FROM 2007

Of the 50 participants, 37 returned evaluations to coordinators. The following is a summary of the results.

##### a. ACTIVITIES

##### 1. What were your top 3 favorite sessions?

Session	Top 3 Favorite	Least Favorite
Gender Roles	4	1
Women's Health	29	
Self-Esteem	15	
Relationships	11	1
Career Development	19	2
Community Service	21	1
DSTs	6	1
Goal-setting	5	
Environment	8	20
Drugs/ Peer Pressure	9	4

Notes: In some cases participants listed more than 3 activities that they preferred and many participants did not list any activity that they did not like. Environment was listed as the least favorite activity because they found the speaker boring.

##### 2. What was your favorite art activity?

Art Activity	Responses
Journal Decorating	12
Dolls	10
Friendship bracelets	19
T-Shirt Decoration	10
Frame Decoration	4

3. Participants were asked to rank the following activities from 1 to 10 or negative to positive. The following categorizes them as either negative or positive reactions to each activity.

<b>Activity</b>	<b>Positive</b>	<b>Negative</b>
Life Skills	32	3
Community Service	35	2
Team-Building	36	1
Art Activities	38	
Olympics	38	
Soccer Tournament	32	5
Talent Show	36	1
Campfire	37	
Speakers	33	3
Food/Menu	35	1
Location	35	2
The camp generally	37	

#### b. LOGISTICS

Participants were asked to comment about suggestions or recommendations to the camp – duration of sessions, duration of the camp, daily schedule, dates of the camp, or any other changes. Overwhelmingly, campers had no negative comments or changes. What few changes were suggested are listed below:

- Add more time to the camp – no one suggest the camp be shorter;
- Wake up later, go to sleep later, and/or go to sleep earlier;
- Give more break time;
- No environment session;
- Add a session about nutrition;
- Add a session about post-secondary school opportunities;
- Leave the location to visit other places;
- Move soccer to before dinner;
- Change location – outside of Coculi or to Porto Novo;
- Have the camp twice a year.

#### c. COMMENTS

The comments were overwhelmingly positive. Many campers thanked coordinators for organizing the event and appreciated the opportunity to learn new things, meet new people, and create new friendships. Some participants even thanked coordinators for providing a detailed schedule whereby campers had to follow an organized schedule for the week. Additionally, campers said that they felt fortunate to attend the camp because before they did not know that such positive opportunities were available to them. Of the 37 campers that returned evaluations, 35 requested to be junior counselors at next year's camp.

## 2. RESULTS FROM 2008

Of the 35 participants, 18 returned evaluations to coordinators.

#### a. ACTIVITIES

1. What were your top 3 favorite sessions?

<b>Session</b>	<b>Top 3 Favorite</b>	<b>Least Favorite</b>
Leadership	6	1
Women's Health	10	
Self-Esteem	7	
Peer Pressure	1	1
Environment	5	1
Community Service	2	2
Early Pregnancy Prevention	7	1
Decision Making	6	1
Domestic Violence	4	1
CV Women	5	

Notes: In some cases participants listed more than 3 activities that they preferred and many participants did not list any activity that they did not like.

2. What was your favorite art activity?

<b>Art Activity</b>	<b>Responses</b>
Journal Decorating	2
Dolls	3
Friendship bracelets	8
T-Shirt Decoration	6

3. Participants were asked to rank the following activities from 1 to 10 or negative to positive. The following categorizes them as either negative or positive reactions to each activity.

<b>Activity</b>	<b>Positive</b>	<b>Negative</b>
Life Skills	18	
Community Service	17	1
Icebreakers	17	1
Art Activities	18	
Olympics	18	
Soccer Tournament	17	1
Talent Show	18	
Campfire	18	
Film Night	17	1
Speakers	18	
Food/Menu	18	
Location	18	
The camp generally	18	

#### b. LOGISTICS

Participants were asked to comment about suggestions or recommendations to the camp – duration of sessions, duration of the camp, daily schedule, dates of the camp, or any other changes. For the most part, campers had no comments or changes. What few changes were suggested are listed below:

- Add more time to the camp; no one suggested the camp be shorter;

- Wake up later and/or go to sleep earlier;
- Eat dinner later;
- Shorter sessions but overall planned and executed well;
- Give more prep time for talent show;
- Good dates for camp because nothing is ever planned during Easter Break;
- Have more activities outside
- Implement the community service project during the camp;
- Disappointment with President Isaura Gomes, Presidente Orlando Delgado, and Psychologist Yamile Yut for not attending the camp

### c. COMMENTS

The comments were overwhelmingly positive. Many campers thanked coordinators for organizing the event and appreciated the opportunity to learn new things, meet new people, and create new friendships. Some participants even thanked coordinators for providing a detailed schedule whereby campers had to follow an organized schedule for the week. Additionally, campers said that they felt fortunate to attend the camp because before they did not know that such positive opportunities were available to them. They identified that they learned public speaking skills, how to be a leader, wanted to fight for gender equality, started thinking about the future and realized that nothing is impossible. Many wished that the camp continued in the following years. Of the 18 campers that returned evaluations, 16 requested to be junior counselors at next year’s camp.

## IV. B. FINANCING

In most cases institutions requested a *justificativo* accounting for the financing given. Both years only the Câmara Municipal do Paul and the Câmara Municipal da Ribeira Grande requested a *justificativo*. A *justificativo* simply requested receipts totaling the amount given. Although it was not necessary coordinators provide a spreadsheet detailing the receipts in order to provide clarity.

Also in regards to finances post-camp, coordinators were often still awaiting financing. Therefore they had to return to institutions that approved funding in order to obtain money. Because of this there were often expenses that still needed to be paid for after the camp. Items such as on-credit purchases and thank yous were accounted for well after the camp had already been completed.

Muito obrigada pela sua contribuição a Camp CRIOULA. O acampamento foi um grande sucesso – devido a sua ajuda. Por favor, aceita esta foto e carta de agradecimento como um símbolo da nossa apreciação. Obrigado.

Atenciosamente,

\_\_\_\_\_  
\\As coordenadoras do Camp CRIOULA//

## IV. C. THANK YOUS

During the camp the coordinators tried to sensitize the girls to the complexity of executing a Camp CRIOULA and to the generosity of many who contributed to the camp. Towards the end of the camp participants wrote and decorated four personalized thank you cards – two to Cape Verdean and two to American benefactors. Every donor

received a personalized thank you note from a camper along with a group photo. Those who made larger contributions received a Camp CRIOULA t-shirt in addition.

## **V. APPENDICES**

### **A. Camp CRIOULA Timeline**

### **B. Press Release**

- 1. Nota de Imprensa**
- 2. Press Release**

### **C. Proposal**

- 1. Cover Letter**
- 2. Proposal**
- 3. Budget**
- 4. Program**

### **D. Final Program**

### **E. Junior Counselor Training Program**

### **F. Camper Solicitation**

- 1. Letter to Teachers**
- 2. Camp Information**
- 3. Application**

### **G. Camper Selection Responses**

- 1. Permission Slip**
- 2. Acceptance Papers**
- 3. Wait List Letter**
- 4. Rejection Letter**
- 5. Former Campers Letter**

### **H. Location Request**

### **I. Camp Donation Request**

### **J. Invitation**

### **K. Speaker Certificate**

### **L. Camper Certificate**

### **M. Evaluation**

## Camp CRIOULA Timeline

### Four to Six Months in Advance

- Establish organizing committee identifying responsibilities
- Begin reading camp materials
- Discuss goals for camp
- Identify partner institutions and individuals to work with the camp
- Do a needs assessment
- Determine camp details – size of the camp, approximate dates, eligibility, location
- Create budget and supply lists
- Request any funding *outside* of CV local governments and institutions: ministries, Peace Corps, US donations
- Develop schedule for camp program and camper selection process

### Three Months in Advance

- Letter to Teachers and Solicitation of Campers
- Submission of Applications
- Pick junior counselors
- Finalize program and determine back-up activities for cancellations or last-minute changes

### Two Months in Advance

- Send funding requests to CV local governments and institutions
- Secure location
- Junior counselor training and Life Skills facilitators' training
- Evaluate applications, select campers, and send out respective acceptance, wait-list, and non-acceptance letters.
- Make menu
- Invite guest speakers

### One Month in Advance

- Secure deposits and permission slips
- Ask for donations
- Request transportation

- Hire cooks and security guards.
- Secure funding
- Reconfirm campsite

### One Week in Advance

- Pick up all donations
- Confirm every activity has its necessary supplies
- Contact campers for confirmation and give transport information
- Secure funding
- Confirm speakers
- Make sure all sessions are prepped
- Press release and invitations to press and guest speakers

### During the Camp

- Run errands as needed
- Confirm speakers the day before
- Take notes for any follow up reports necessary
- Hold daily check-in meetings with counselors to review day's highlights, revise schedule and troubleshoot

### Last Day of Camp

- Pay cooks, transportation
- Return deposits
- Clean-up and remove all camp materials from campsite

### Post-Camp

- Follow-up press release
- Evaluations and pictures sent to campers
- Identify potential JCs for next camp
- Thank you notes to benefactors
- Plan follow-up activities with the campers
- Justificativos, complete grant reports
- Create a short guide to camp, in English and local language

**CORPO DA PAZ** **CAMP CRIOULA**

Santo Antão · República de Cabo Verde  
Tel: 223.13.44/20.56/983.66.99 · Fax: 223.12.61 · natawnee.fritz@gmail.com

NOTA DE IMPRENSA

As Voluntárias do Corpo da Paz vão realizar o segundo acampamento da liderança, denominado “Camp CRIOULA,” de dia 25 a 30 de Março de 2008. As actividades terão lugar no Centro Agrícola de Afonso Martinho - Concelho da Ribeira Grande, ilha de Santo Antão.

Camp CRIOULA oferecerá informação e formação nas áreas da liderança, orientação profissional, saúde da mulher, prevenção da gravidez na adolescência, educação ambiental e o conhecimento da personalidade das 40 (quarenta) raparigas, na faixa etária dos 15 e 19 anos, oriundas de todos os concelhos e localidades da ilha de Santo Antão.

Porque a transmissão da experiência de mulheres bem sucedidas constitui um factor motivador para o sucesso dessas jovens mulheres, várias mulheres profissionais estão convidadas de entre elas Enf<sup>a</sup> Adelina Santos do PMI-PF da Vila da Ribeira Grande, Arq<sup>a</sup> Anilda Delgado do Porto Novo e Sra. Presidente Isaura Gomes de São Vicente.

As participantes vão comemorar a Dia da Mulher Caboverdiana com várias actividades incluindo as traçadas para alcançar o terceiro Objectivo do Desenvolvimento do Milénio.

As jovens vão ser divididas por zonas para se avaliar os aspectos positivos e negativos das suas comunidades. Nesta reflexão, vão elaborar um projecto de serviço comunitário sobre o que poderiam levar a cabo na comunidade, incluindo um plano de acção, uma linha cronológica, um orçamento e uma lista de contactos para rede (*networking*). Esta actividade terá a duração de uma semana e culminará com as apresentações dos respectivos projectos.

Além disso, todos os dias terão actividades de arte com destaque para confeções de pulseiras de amizade, decoração de t-shirts, e criação de bonecas representativas. As noites serão preenchidas com torneio de futebol, filmes, olimpíadas e espectáculo de talentos.

Camp CRIOULA têm apoio financeiro das Câmaras Municipais do Paul, Porto Novo, e da Ribeira Grande e do BCA; da Delegação do Ambiente, Agricultura e Pesca da Ribeira Grande que cedeu as instalações de Afonso Martinho; e vários outros patrocinadores que apoiam com géneros alimentícios e logísticos, tais como DOCEL, ENACOL, SHELL, UNICOOP, SISA, Valmont, Montanha, etc. bem como, o apoio institucional do ICIEG que enviará uma técnica para orientar uma palestra sobre violência domestica.

  
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PRESS RELEASE

Peace Corps Volunteers will carry out the second annual leadership camp for young women, entitled “Camp CRIOULA,” from March 25 – 30, 2008. The camp will take place at the Centro Agrícola de Afonso Martinho in the Concelho of Ribeira Grande on Santo Antão.

Camp CRIOULA will offer information and training in the areas of leadership, professional orientation, women’s health, prevention of early pregnancy, environmental education and personal development of 40 young women, between the ages of 15 and 19, from a variety of zones in all municipalities on the island of Santo Antão.

Because the diffusion of successful women’s experiences constitutes a motivating factor for the success of these young women, various professional women are invited including Adelina Santos, RN of PMI-PF of Vila da Ribeira Grande, Architect Anilda Delgado of Porto Novo and Mayor Isaura Gomes of São Vicente.

The participants will commemorate Cape Verdean Woman’s Day through various activities including developing ways in which to reach the third Millennium Development Goal.

The youth will be divided by zones in order to evaluate the positive and negatives aspects of their communities. Upon this reflection, they will create a feasible community service project that can be realized in their communities, including an action plan, a timeline, a budget and a list of contacts to network. This activity will last the whole week and culminate with the presentations of their respective projects.

Additionally, there will be art activities including making friendship bracelets, t-shirt decorations, and the creation of dolls that represent themselves. Each night also features an activity including a soccer tournament, film night, Olympics and a talent show.

Camp CRIOULA is supported financially by the Town Halls of Paul, Porto Novo, and Ribeira Grande and BCA (Banco Comercial Atlântico); the Delegation of Environment, Agriculture, and Fish of Ribeira Grande which donated its facilities at Afonso Martinho; various logistical and food donations from DOCEL, ENACOL, SHELL, UNICOOP, SISA, Valmont, Montanha, etc; and institutional support from ICIEG (Instituto Cabo-verdiano para Igualdade e Equidade do Gênero) who will send a representative to speak about domestic violence.

  
**CORPO DA PAZ**      **CAMP CRIOULA**

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**Ex.mo Senhor,  
Presidente da Câmara Municipal  
da Ribeira Grande**

**Ponta do Sol**

13 de Março de 2008

**ASSUNTO: Solicitação de Apoio a CAMP CRIOULA**

As Voluntárias do Corpo da Paz vão realizar um acampamento de liderança para raparigas de todos os concelhos e localidades da nossa ilha de Santo Antão durante este primavera, no Centro Agrícola de Afonso Martinho - Concelho de Ribeira Grande, de dia 25 a 30 de Março de 2008.

Este acampamento, denominado “CAMP CRIOULA”, oferecerá informação e formação nas áreas de liderança, orientação profissional, saúde da mulher, e o conhecimento pessoal das 40 (quarenta) raparigas, na faixa etária dos 15 a 19 anos, pertencentes a várias localidades.

Assim, vimos pela presente solicitar a Vossa Excia se digne conceder-nos o apoio financeiro de **160.000\$00 (cento e sessenta mil escudos)** para a realização da actividade acima mencionada.

Ciente da vossa pronta colaboração agradecemos desde já enviando os nossos melhores cumprimentos.

A Coordenadora,

---

\\NATAWNEE J. FRITZ//

## FICHA DO PROJECTO

### I. TÍTULO DO PROJECTO

Camp Crioula

### II. AGÊNCIA DE EXECUÇÃO

Nome: Natawnee Fritz,  
Voluntária do Corpo da Paz e um Director do Camp Crioula  
Endereço: Câmara Municipal do Paul  
C.P. 15  
Vila das Pombas  
Paul, Santo Antão  
Telefone: 223.13.44/20.56/ 983.6699 Fax:223.1261  
Email: [natawnee.fritz@gmail.com](mailto:natawnee.fritz@gmail.com)

### III. RESPONSÁVEL DO PROJECTO

As Voluntárias de Corpo da Paz em Santo Antão

### IV. BENEFICIÁRIOS – DIRECTOS E INDIRECTOS

Haverá 50 beneficiários directos – 36 campistas, 4 conselheiras jovens, e 10 funcionários.

Os beneficiários indirectos serão todas as comunidades de Santo Antão, num total de 47.042 pessoas (2002 recenseamento) através da participação consciente de campistas de zonas de cada Concelho. As participantes transmitirão as suas experiências aos outros jovens da comunidade onde estão inseridas aos 4900 alunos das quatro escolas secundárias de Santo Antão.

### V. DURAÇÃO DO PROJECTO

25-30 Março 2008

### VI. LUGARES DE ACTIVIDADES A SEREM DESENVOLVIDAS

Município: Ribeira Grande, Santo Antão  
Localidade: Centro Agrícola Afonso Martinho

### VII. OBJECTIVOS, ACTIVIDADES, E JUSTIFICAÇÃO DE PROJECTO

Descrição do projecto, objectivos, e actividades:

Camp Crioula é um acampamento que dura uma semana para mulheres jovens entre 15 a 19 anos da ilha de Santo Antão. O acampamento realizar-se-á no Centro Agrícola de Afonso Martinho no Concelho da Ribeira Grande.

A meta é organizar actividades sustentáveis para as mulheres jovens. O acampamento oferecerá informação nas áreas de liderança, opções da carreira, questões de saúde da mulher, e conhecimento pessoal. O acampamento, sobretudo, proporcionará um ambiente seguro em que as 40 mulheres jovens poderão explorar livremente a suas personalidades, as suas carreiras preferidas, e decidir os seus objectivos e a sua direcção para o futuro.

Os objectivos do acampamento são os seguintes:

1. proporcionar um ambiente divertido e seguro na forma de um acampamento para promover o conhecimento de si mesmo e desenvolvimento da carreira;
2. obter materiais e recrutar mulheres Cabo-verdianas a falar em crioulo sobre os temas:
  - a. personalidade e auto-exploração;
  - b. saúde da mulher;
  - c. mulheres caboverdianas e as suas relações;
  - d. liderança;
  - e. desenvolvimento das carreiras;
3. criar um laço entre os campistas (as meninas participantes), conselheiras jovens, oradores, e pessoal;
4. desenvolver qualidades de liderança, incluindo:
  - a. oratória pública;
  - b. comunicação interpessoal e em grupos;
  - c. marcar e realizar metas pessoais;
5. estimular a auto-estima nas mulheres jovens, permitindo-lhes realizar o potencial na sociedade Cabo-verdiana;
6. explorar a ideia da democracia e a habilidade da mulher em participar e ter influência em estruturas governamentais e cívicas;
7. promover tolerância e apreciação das culturas diversas especialmente em sociedade mundial com o princípio do novo milénio;
8. exposição a carreiras e oportunidades para as participantes, a incluir mulheres Cabo-verdianas profissionais representando as áreas diversas em Cabo Verde;
9. assegurar que o acampamento seja sustentável através (a) dos trabalhos conjunto com organizações com experiência nas questões do género, e (b) trabalhar com os líderes do acampamento durante o mesmo no ano seguinte, organizar mais acampamentos de liderança.

O propósito deste acampamento é encorajar mulheres jovens a ser em cidadãos activos através de estímulo a auto-estima e confiança, aumentar o conhecimento de si mesmo, e desenvolver as habilidades na definição de metas, assertividade e o planeamento da carreira.

As outras observações:

- Um comité organizado foi criado para reflectir as necessidades da comunidade local, tendo em conta que o desenvolvimento comunitário é mais efectivo quando surge das necessidades e dos desejos da população local. Os membros do comité dão ideias e oferecem perspicácias sobre os desafios e as oportunidades correntes para as mulheres.
- Recrutamento das campistas acontecerá em Fevereiro de 2008. As escolas secundárias dos três concelhos serão contactadas para nomear 9

mulheres jovens como as participantes no acampamento. Estas mulheres jovens deverão demonstrar as características de liderança, entusiasmo pela aprendizagem e trabalho em equipa. A representação das zonas rurais dentro de cada concelho será levada em consideração.

- Camp Crioula é um projecto sustentável porque visa criar “Clubes Crioula” formados por mulheres jovens com o objectivo de permanecerem unidas depois do acampamento. Antes e durante o acampamento, as conselheiras jovens serão treinadas na organização, implementação, e facilitação do Camp Crioula, visando a preparação de outros acampamentos no futuro.
- Em anexo o programa de acampamento – Apêndice B.

#### Justificação:

Cabo Verde é um país de mudança rápida e colheu os benefícios de desenvolvimento dos últimos trinta anos. Porém, as mudanças não venham sempre facilmente e os benefícios não são distribuídos uniformemente. As mulheres de Cabo Verde, especialmente, sofrem de baixo nível económico devido a falta de oportunidades para educação, e menos ensejos para emprego e/ou promoção. Os dados estatísticos demonstram estas preocupações:

- A taxa de desemprego em Santo Antão subiu a 33%, o nível mais alto em vinte e cinco anos.<sup>1</sup>
- 50% de jovens que completam 9º ano abandonam o ensino.<sup>2</sup>
- Em 2001-2, 54% da população viviam abaixo da linha de pobreza de 43.250\$00 por ano.<sup>3</sup>
- Em 2010 é calculado que Santo Antão terá aproximadamente 49.930 habitantes com 16.340 (32.7%) entre 4 e 17 anos. Aproximadamente, 24.959 serão mulheres em idade reprodutiva.<sup>4</sup>
- Segundo o *International Training Centre of the International Labour Organization*, a renda anual pelas mulheres é \$3,393 USD comparado com os 7,136 USD dos homens.<sup>5</sup>
- Segundo UNICEF, “women’s literacy rate is just over 65 percent and stereotypes in textbooks and teachers’ gender insensitive behavior reinforce existing gender roles that discriminate against girls.”<sup>6</sup> A taxa de alfabetização dos homens está quase 85.8%.<sup>7</sup>

Estas estatísticas são desencorajadoras para as gerações mais jovens de mulheres e podem levar-lhes a acreditar que a luta para que tenha acesso educação e uma

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<sup>1</sup> Entrevista com Presidente Américo Silva. “Queremos fixar as pessoas no Paul.” *Iniciativa*, n. 13, Julho/Agosto 2006. p. 13.

<sup>2</sup> Entrevista com Presidente Américo Silva, *Iniciativa*, p. 13.

<sup>3</sup> Francisco Fernandes Tavares, “Santo Antão, entre o presente o futuro,” Instituto Nacional de Estatística, *Iniciativa*, n. 13, Julho/Agosto 2006. p. 54.

<sup>4</sup> Taveres, p. 42.

<sup>5</sup> EC Gender Help Desk, International Training Centre of the International Labour Organization, “Cape Verde: Gender Information Brief,”

[http://ec.europa.eu/development/body/theme/human\\_social/docs/gender/06-07%20CABO%20VERDE%20-%20Gender%20Info%20Brief.pdf](http://ec.europa.eu/development/body/theme/human_social/docs/gender/06-07%20CABO%20VERDE%20-%20Gender%20Info%20Brief.pdf), Acesso 15 Março 2007.

<sup>6</sup> UNICEF. “UNICEF – At a glance: Cape Verde – The Big Picture.” [www.unicef.org/infobycountry/capeverde.html](http://www.unicef.org/infobycountry/capeverde.html) Acesso 1 Março 2007.

<sup>7</sup> CIA – The World Factbook. “CIA – The World Factbook – Cape Verde.” <https://www.cia.gov/cia/publications/factbook/geos/cv.html> Acesso 1 Março 2007.

carreira profissional é elegível e não vale a pena. Estas mulheres jovens precisam ser motivadas, introduzindo os meios necessários para que elas possam encarar os obstáculos que gerações passadas de mulheres cabo-verdianas não encontraram.

#### VIII. CUSTO DO PROJECTO E FINANCIAMENTO SOLICITADO (ECV)

**Montante a ser financiado pela Câmara Municipal da Ribeira Grande:  
160.000\$ECV**

Contribuição da agência de execução e dos beneficiários: **84.590\$ECV**

Custo total do projecto: **408.000\$ESC**

Em Anexo:

Apêndice A – Orçamento

Apêndice B – Programa


**CORPO DA PAZ**      **CAMP CRIOULA**

Santo Antão · República de Cabo Verde  
Tel: 223.13.44/20.56/983.66.99 · Fax: 223.12.61 · natawnee.fritz@gmail.com

**Apêndice A: Orçamento**

	<b>CUSTO DA UNIDADE</b>	<b>QUANTIDADE</b>	<b>TOTAL (ESC)</b>
<b>MATERIAIS PELAS SESSÕES</b>			
Apagadores	95	20	1900
Apontadores	20	10	200
Balões	5	500	2500
<i>Canetas</i>	20	50	1000
<i>Canetas marcadoras</i>	200	30	6000
Cartazes	30	50	1500
<i>Cola</i>	180	45	8100
Contact paper (papéis)	100	45	4500
<i>Diário</i>	100	60	6000
Envelopes	5	50	250
<i>Etiqueta do nome</i>	380	3	1140
Extensões	800	2	1600
<i>Fita adesiva</i>	500	5	2500
Fotocópias	5	1500	7500
<i>Lápis</i>	20	100	2000
<i>Lápis de cera</i>	60	45	2700
Madeira	500	3	1500
Pastas	200	40	8000
Papéis crepom	100	5	500
Papéis de quadro de folhas móveis	500	5	2500
<i>Regras (1m)</i>	100	15	1500
Resmas de papel	475	4	1900
Revelar fotografias	60	100	6000
<i>Revistas</i>	500	20	10000
<i>Tesouras</i>	200	50	10000
<i>Tocador de CD</i>	1500	1	1500
			0
<b>ARTES</b>			
			0
<i>Algodão</i>	100	15	1500
<i>Botões</i>	12	20	240
Camiseta	400	140	56000
<i>Contas</i>	200	10	2000
Cordas	250	2	500
Cordel	130	20	2600
<i>Fio</i>	500	2	1000
<i>Kit de costura</i>	100	45	4500
Molduras	200	45	9000
<i>Pincéis</i>	100	45	4500
<i>Tecido</i>	300	25	7500
Tinta da tecido	380	3	1140
			0
<b>EQUIPAMENTO DO SPORT</b>			
			0
<i>Apito</i>	305	2	610
Bolas de praia	250	5	1250
Bolas de futebol	600	4	2400

Frisbees	500	5	2500
			0
<b>HOUSE WARES</b>			0
Colchões	500	30	15000
Cozinheiros	6000	3	18000
Esponjas	25	20	500
Fornecimentos de limpar	415	5	2075
Gas	1750	2	3500
Sabão	215	4	860
Sacos	20	150	3000
Toalhas	350	10	3500
			0
<b>NECESSIDADES BÁSICAS</b>			0
Forma de emergência	5	45	225
Absorventes higiênicas	120	48	5760
<i>Primeiros socorros</i>	2000	2	4000
Luvas plásticas	120	10	1200
<i>Protetor solar</i>	500	5	2500
Papel higiênico	40	150	6000
			0
<b>LOGÍSTICA</b>			0
Alimentações	2000	50	100000
Carta de Recarga	3450	2	6900
Transporte pelas formações	700	10	7000
<u>Transporte das campistas</u>			0
Paul a Afonso Martinho	3000	2	6000
Porto Novo a Afonso Martinho	5000	2	10000
Ribeira Grande a Afonso Martinho	4000	2	8000
			0
<b>PRÉMIOS</b>			0
<i>Autocolante</i>	20	45	900
Certificados de acampamento	20	45	900
<i>Drops</i>	400	5	2000
Prêmios	750	10	7500
			0
<b>ORADORES</b>			0
Bolsas	100	5	500
Papel	30	5	150
Molduras	400	5	2000
			0
<b>GRAND TOTAL (ESC)</b>		100.0%	<b>408000</b>
<b>CONTRIBUIÇÃO DA AGÊNCIA DE EXECUÇÃO E DOS BENEFICIÁRIOS</b>		21%	<b>84590</b>
<b>TOTAL DEPOIS DA CONTRIBUIÇÃO DA AGÊNCIA DE EXECUÇÃO E DOS BENEFICIÁRIOS</b>		79%	<b>323410</b>

## Apêndice B: Programa

Hora	Terça – Feira	Quarta – Feira	Quinta – Feira	Sexta – Feira	Sabado	Domingo
06:00 – 08:00	Desperta	Futebol / Desperta	Futebol / Desperta	Futebol / Desperta	Futebol / Desperta	Futebol / Desperta
08:30 – 08:45	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço
08:30 – 08:45	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo
08:45 – 09:15	Quebra-gelo “Icebreaker”	Quebra-gelo	Quebra-gelo	Quebra-gelo	Quebra-gelo	Check-Out/ Sair
09:15 – 11:00	Atividade de “LifeSkills”	Registrar-se/ Intro/ Regras	Desenvolvimento de carreira <i>Dra. Yanilé Yut</i>	Dia de Mulheres Caboverdianas	Ambiente <i>ETMA da CMP</i>	Tomar uma decisão <i>Sra. Benivinda Rodrigues</i>
11:00 – 11:30	Intervalo	Quebra-gelo	Intervalo	Intervalo	Intervalo	Intervalo
11:30 – 12:00	Lanche	Lanche	Lanche	Lanche	Lanche	Lanche
12:00 – 13:30	Orador	Abertura <i>CM Rª Grande</i>	Orador <i>Enfª Adelina Santos</i>	Orador <i>ICIEG</i>	Orador <i>Arq. Ani Delgado</i>	Orador <i>Dra. Isaura Gomes</i>
13:30 – 14:30	Almoço	Almoço	Almoço	Almoço	Almoço	Almoço
14:30 – 15:00	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo
15:00 – 16:30	Atividade de Arte	Colagem / Decopage	Boneca	Pulseiras de Amizade	Pensa criativo (Creative thinking) / Espectaculo de talentos	
16:30 – 18:00	Atividade de “LifeSkills”	Liderança	Saude de Mulher <i>Sra. Ivete Évora</i>	Prevenção de Gravidez Precoce <i>Tiffany &amp; Caryn</i>	Auto-Estima	Serviço Comunitário/ Liderança á Acção
18:00 – 18:30	Lanche	Lanche	Lanche	Lanche	Lanche	Lanche
18:30 – 20:00	Serviço Comunitário	Serviço Comunitário	Serviço Comunitário	Serviço Comunitário	Serviço Comunitário	Pensa criativo (Creative thinking) / Espectaculo de talentos 2
20:00 – 21:00	Jantar	Jantar	Jantar	Jantar	Jantar	Jantar
21:00 – 21:30	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo
21:30 – 23:00	Atividade	Torneio de Futebol	Fogueira de campo (Campfire)	Olimpiadas	Noite de filme	Espectaculo de talentos/ Disco
00:00		Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal

Final Program

Hora	Terça – Feira	Quarta – Feira	Quinta – Feira	Sexta – Feira	Sabado	Domingo
06:00 – 08:00	Desperta	Futebol / Desperta	Futebol / Desperta	Futebol / Desperta	Futebol / Desperta	Futebol / Desperta
08:30 – 08:45	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço	Pequeno – Almoço
08:30 – 08:45	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo
08:45 – 09:15	Quebra-gelo "Icebreaker"	Quebra-gelo	Quebra-gelo	Quebra-gelo	Quebra-gelo	Check-Out/ Sair
09:15 – 11:00	Atividade de "LifeSkills"	Registrar-se/ Intro/ Regras	Peer Pressure Carolina Britrago	Dia de Mulheres Caboverdianas	Ambiente ETMA da CMP	Serviço Comunitário/ Liderança à Acção
11:00 – 11:30	Intervalo	Quebra-gelo	Intervalo	Intervalo	Intervalo	Intervalo
11:30 – 12:00	Lanche	Lanche	Lanche	Lanche	Lanche	Lanche
12:00 – 12:20	Orador	Abertura CM Rª Grande	Orador Enª Adelina Santos	Orador ICIEG		Peace Corps, team-building, Serviço Comunitário
13:30 – 14:30	Almoço	Almoço	Almoço	Almoço	Almoço	Almoço
14:30 – 15:00	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo
15:00 – 16:30	Actividade de Arte	Torneio de Futebol	Boneca	Pulseiras de Amizade	Pulseiras de Amizade	Pensa criativo (Creative thinking) / Espectáculo de talentos
16:30 – 18:00	Actividade de "LifeSkills"	Liderança	Saude de Mulher Sra. Ivete Évora	Prevenção de Gravidez Precoce Tiffany & Caryn	Auto-Estima Sra. Albertina Delgado	Serviço Comunitário/ Liderança à Acção
18:00 – 18:30	Lanche	Lanche	Lanche	Lanche	Lanche	Lanche
18:30 – 20:00	Serviço Comunitário	Serviço Comunitário	Serviço Comunitário	Serviço Comunitário	Serviço Comunitário	Pensa criativo (Creative thinking) / Espectáculo de talentos 2
20:00 – 21:00	Jantar	Jantar	Jantar	Jantar	Jantar	Jantar
21:00 – 21:30	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo	Intervalo
21:30 – 23:00		Colagem / Decopage	Fogueira de campo (Campfire)	Olimpiadas	Noite de filme	Espectáculo de talentos/ Disco
00:00	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal	Dorme/ Reunião de pessoal



## Junior Counselor Training for Camp CRIOULA 2008

**Saturday, March 8<sup>th</sup>, 2008**

15:30 – 16:00	<i>Welcome and Introduction, Snacks</i>
16:00 – 16:45	<i>Discussion</i> What has changed for you as an individual since Camp CRIOULA last year? What is a junior counselor? What does it mean to be a junior counselor? Put up a chart of rules for Camp CRIOULA. Reviewed rules with girls and asked if they were reasonable rules AND if they thought a rule should be added.
16:45 – 17:00	<i>Team-Builder: Push Me – Pull You</i> Girls squatted facing each other and grabbed onto each other's arms. The girls needed to move back and forth trying to keep one another balanced by working together to not fall over. The next activity had the girls sit back to back on the floor and lock elbows. The girls needed to work together in order to stand up.
17:00 – 18:00	<i>Peer Educators Session/ Dealing with Problems in Groups</i> Each girl was given a possible scenario/ problem that may occur during the camp. The scenario was read aloud and then discussed as a group. As junior counselors it is important that they realize there may be problems that can occur during the camp. They will need to mediate and find a solution to the problems that may arise.
18:00 – 19:00	<i>Team building (artistic expression)</i> The girls were given a large drawing of a girl. The girls worked together and wrote inside the drawing, what they think a junior counselor should be. In addition, the girls also cut out different magazine clippings and pasted them inside the drawing as well. This drawing was brought to Camp CRIOULA and put on the wall.
20:00	<i>Dinner</i>
21:00	<i>Free Time</i>
00:00	<i>Curfew</i>

**Sunday, March 9<sup>th</sup>, 2008**

09:00	<i>Breakfast</i>
09:30 – 10:00	<i>Lifeskills: Support for Responsible Behavior</i> The girls are role models and also peer educators. It is their responsibility to be supportive to not only girls at the camp but the youth within their community. The girls were given a situation, they created a role play in partners, and they then performed it with a solution. At the end of the session the girls could: identify a common situation where their intervention might be helpful, identify strategies to support responsible behavior, and list resources in their communities that can help them with situations.
10:00- 10:15	<i>Discussion: Cape Verdean Woman's Day</i>
10:15 – 11:15	<i>Choosing and Planning an Ice Breaker</i> The girls chose an ice breaker to use for Camp Crioula from two different books provided by Peace Corps.
11:15 – 12:15	<i>Practice Leading an Ice Breaker</i> The girls practiced leading their ice breaker.
13:15	<i>Lunch</i>
14:15	<i>Exchanging Stories: Role Models (The Person I Admire)</i> In honor of World Women's Day we discussed what it means to be a role model specifically as a woman. Also, the girls discussed who their role model is to them and why, first in a group and then together.
15:00	<i>Relax- waiting for car to arrive</i>

**Exmos (as) Senhores Professores (as)**

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**Nesta**

Paul, 25 de Janeiro de 2008

**ASSUNTO: Solicitação de colaboração**

As Voluntárias do Corpo da Paz vão realizar um acampamento para raparigas de todos os concelhos e localidades da nossa ilha de Santo Antão durante este primavera, no Centro Agrícola de Afonso Martinho - Concelho da Ribeira Grande, **de dia 25 a 30 de Março de 2008.**

**Este acampamento, denominado “CAMP CRIOULA”, oferecerá informação e formação nas áreas de liderança,** orientação profissional, saúde da mulher, e o descobrimento pessoal às 40 (quarenta) raparigas, na faixa etária dos 15 e 19 anos, pertencentes a várias localidades.

Este acampamento proverá, sobretudo, um ambiente seguro em que as raparigas possam explorar a suas personalidades, as suas carreiras preferidas e decidir os seus objectivos e a sua direcção para o futuro.

Assim, vimos pela presente, **solicitar a cada professor/a que se digne fazer a escolha de uma ou duas alunas interessadas** em participar neste acampamento. **As raparigas devem ter idade entre 15 e 19 anos, estarem matriculadas nas aulas normais e tenham mostrado maturidade e atitudes de liderança na sua comunidade.** Pretende-se incluir raparigas de todas as zonas do concelho, pelo que, agradecemos a melhor atenção nos requisitos acima mencionadas para a selecção das raparigas.

Feita a selecção da/as rapariga/s agradecemos que as mesmas preenchessem uma ficha, antes da **sexta-feira, dia 15 de Fevereiro de 2008.**

Favor, informar aos interessados que **a ficha deve ser devolvida ao Professor Olivio Almeida** antes desta data e qualquer dúvida no preenchimento da mesma será esclarecida com ele.

Obrigada pela sua atenção e ajude neste projecto.

Ciente de poder contar com a sua prestimosa colaboração, junto os nossos melhores cumprimentos,

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**\\As Coordenadores do CAMP CRIOULA//**



## **ACAMPAMENTO DE LIDERANÇA PARA RAPARIGAS**

Nesta primavera, pretende-se realizar um acampamento para raparigas, entre os **15 e 19 anos, de várias localidades, pertencentes a todos os concelhos de Santo Antão. Este acampamento tem por objectivo oferecer-lhes informação e formação nas áreas de liderança, orientação profissional, saúde da mulher, e descobrimento pessoal.** As participantes terão actividades de grupos, em que tratarão os temas de trabalho de equipa, auto-estima, como atingir objectivos, e desenvolvimento da carreira. CAMP CRIOULA oferecerá a estes adolescentes oportunidade de conversarem abertamente sobre as suas opiniões, si mesmas, o mundo, e o futuro destes dois temas. Para além destas actividades, elas participarão em vários jogos de equipa, desportos, canções e uma fogueira.

O acampamento vai ser realizado no Centro Agrícola de Afonso Martinho, no Concelho da Ribeira Grande, **de dia 25 a 30 de Março de 2008.**

Só tens que pagar uma quantia de **500\$00**, que vai ser devolvida no fim do acampamento.

Os interessados deverão fazer a sua inscrição antes do **dia 15 de Fevereiro de 2008.**



## FICHA DE INSCRIÇÃO DE CAMP CRIOULA

1. Nome: \_\_\_\_\_

Endereço/Zona: \_\_\_\_\_ Concelho: \_\_\_\_\_

2. Número de telefone: \_\_\_\_\_

3. Ano escolar (seleccionar um): 9º 10º 11º 12º Data de Nascimento: \_\_\_\_\_

4. Nome da escola: \_\_\_\_\_

### 5. CONTACTO DE EMERGÊNCIA:

Nome: \_\_\_\_\_

Número de telefone: \_\_\_\_\_

Grau de Parentesco: \_\_\_\_\_

### 6. INFORMAÇÃO SOBRE O ACAMPAMENTO:

O acampamento realizar-se-á de **25 a 30 de Março de 2008** no Centro Agrícola de Afonso Martinho, no Concelho da Ribeira Grande.

**\*\* NÃO SERÁ PERMITIDO FUMAR, BEBER ÁLCOOL OU USAR DROGAS DURANTE ESTE ACAMPAMENTO \*\***

Os seleccionados deverão efectuar um depósito de **500\$00**, que **será devolvido** no fim do acampamento. Quem fumar, beber álcool, ou usar drogas durante este acampamento, **não receberão os 500\$00 de volta** para além de ser expulsa do acampamento. Quem que não aparecer no acampamento ou sair mais cedo, **não receberá o depósito**. Se alguma candidata tiver algum problema com a quantidade a depositar, este problema pode ser discutido depois da selecção.

Eu li e entendi toda a informação e caso venha a ser seleccionada para participar no “CAMP CRIOULA,” eu comprometo a seguir as regras acima escritas, e arcar com as consequências das minhas acções.

\_\_\_\_\_  
Assinatura

\_\_\_\_\_  
Data

7. PERGUNTAS PESSOAIS: Por favor, responde às seguintes perguntas  
(Se precisares de mais espaço, adiciona uma outra folha a esta ficha).

A. Quais são os tipos de técnicas pessoais que vais trazer a este acampamento?

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B. Como este acampamento te vais beneficiar?

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C. Como defines a liderança?

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D. Como uma líder comunitária, o que podes fazer pessoalmente para melhorar a tua comunidade? Dê exemplos específicos.

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## Ficha de Permissão, Informação Médica e Termo da Responsabilidade

O acampamento de liderança, denominado “CAMP CRIOULA,” vai ser realizado por um período de seis dias, **de 25 a 30 de Março de 2008**, no Centro Agrícola de Afonso Martinho, no Concelho da Ribeira Grande. Este trabalho é organizado pelas Técnicas do Corpo da Paz e tem, entre outros objectivos, estimular auto-estima e desenvolver técnicas de relações interpessoais. Também, o acampamento vai ter actividades desportivas e artísticas.

Todas as participantes concordam em não fumar, beber ou usar drogas durante o acampamento. Qualquer participante que fume, beba ou use drogas será enviada para casa. Pedimos às participantes para assegurarem os seus lugares com um depósito de **500\$00 antes de dia 10 de Março de 2008**. Este depósito será devolvido no final do acampamento enquanto a participante segue as regras mencionadas aqui.

**I. Nome de Participante:** \_\_\_\_\_

**Data de Nascimento:** \_\_\_\_\_

**Endereço/Zona:** \_\_\_\_\_ **Concelho:** \_\_\_\_\_

**II. Nome do Responsável:** \_\_\_\_\_

**Grau de Parentesco:** \_\_\_\_\_

**Número de telefone:** \_\_\_\_\_

**III. Segundo Contacto de Emergência:** \_\_\_\_\_

**Grau de Parentesco:** \_\_\_\_\_

**Número de telefone:** \_\_\_\_\_

**IV. Por favor, enumera as alergias que a participante passa ter e qualquer medicamento que ela vai tomar durante o acampamento.**

\_\_\_\_\_  
\_\_\_\_\_

**V. Eu, \_\_\_\_\_ (nome do responsável), declaro que autorizo e me responsabilizo pela participação da minha filha, \_\_\_\_\_, no evento CAMP CRIOULA, não podendo exigir à organização qualquer responsabilidade (criminal ou civil) por quaisquer danos físicos, morais ou materiais que ocorram durante a prova e nos quais esteja envolvido directa ou indirectamente a participante.**

\_\_\_\_\_  
Assinatura do responsável

1 de Março de 2008

Querida Crioula,

Parabéns! És seleccionada para o CAMP CRIOULA que vai ser realizado por um período de seis dias, **de 25 a 30 de Março de 2008**, no Centro Agrícola de Afonso Martinho, no Concelho da Ribeira Grande. Estamos à tua espera.

Com esta carta, recibes uma lista de materiais requeridos, um formulário para permissão e as regras do acampamento. Por favor, entrega o formulário de permissão aos teus pais ou a pessoa responsável para preencher e devolver à Professora Michelle Weisse com **o depósito de 500\$00, antes de segunda-feira, dia 10 de Março**. O depósito será devolvido depois do acampamento, se tu seguides as regras (em anexo). Se tiveres problemas com o depósito ou qualquer outra coisa, por favor, fala com a professora.

Esperamos a tua chegada terça-feira, 25 de Março, em Afonso Martinho, as 11 horas.

Se não é possível aceitar este convite para o CAMP CRIOULA, contacta-nos imediatamente. Há outras meninas que esperam a sua vez.

Prepara-te para CAMP CRIOULA!

Atenciosamente,

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\\As Coordenadoras do Camp CRIOULA//



## **REGRAS**

1. Respeitar toda gente – as coordenadoras, as colegas e qualquer outra pessoa.
2. Ser pontual para todas as sessões.
3. Participar em todas as actividades.
4. Deixar o telemóvel no quarto durante o dia ou desligar o telemóvel durante as actividades e depois da hora de dormir.
5. Sair do acampamento sem permissão das coordenadoras para qualquer razão é proibido. Se há uma emergência familiar, falar com uma coordenadora imediatamente.
6. Levar ou usar drogas ou bebidas alcoólicas durante o acampamento é proibido.
7. Visitantes são proibidos durante o acampamento. Se há uma emergência familiar, falar com uma coordenadora imediatamente.
8. Sair do acampamento para encontrar rapazes ou para usar bebidas alcoólicas ou drogas é expressamente proibido.

Se estas regras não forem respeitadas, poderás ser expulsa do acampamento.

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## **Objectos necessários para CAMP CRIOULA**

1. Roupas para 6 dias e pijamas (não sexual!!!)
2. Sapatos cómodos para andar e chinelas
3. Lençóis e almofada e uma manta (a manta é opcional)
4. Toalha de banho, escova de dentes, sabão e outros produtos de higiene pessoal
5. Fato de banho
6. Roupas para festa da ultima noite
7. CDs, mp3, cartas ou outras coisas de diversão (mas estas são de responsabilidade individual).



Aos pais da participante de CAMP CRIOULA:

A sua filha foi seleccionada a participar em CAMP CRIOULA, um acampamento formativo para mulheres jovens de todas as partes da ilha de Santo Antão. Nós queremos informá-lo um pouco sobre este acampamento e o que a sua filha fará durante aqueles dias.

O acampamento começará no **dia 25 de Março as 11 horas e correrá até dia 30 de Março as 10 horas**. Falaremos com a sua filha antes do acampamento sobre transporte ao Afonso Martinho.

O objectivo de CAMP CRIOULA é formar as raparigas participantes como líderes comunitárias e dar-lhes as técnicas e habilidades necessárias para serem mulheres fortes e bem sucedidas no futuro. **Durante o acampamento, as raparigas ficarão no Centro Agrícola Afonso Martinho** para participar em sessões de tópicos diversos como gravidez precoce, saúde de mulher, escolha profissional, auto estima, liderança, tomada de decisões inteligentes, desenvolvimento comunitário, e outros. Às participantes não serão permitidas sair do centro e não serão permitidas receber visitantes. Isto é para assegurar que as participantes estejam completamente enfocadas nas sessões e informação importante que nós lhes apresentaremos durante aqueles dias.

Também, durante esta altura, **forneceremos tudo o que as participantes precisarem**: comida (3 refeições e 2 lanches por dia), materiais académicos (canetas, cadernos, etc.), camas, e facilidades de casa de banho. As coisas que elas precisam levar são: lençóis, uma almofada, uma manta, roupa, sapatos, pijamas, fato de banho, sabão e outros produtos de higiene pessoal e uma toalha.

Também, durante o acampamento, as participantes serão acompanhada pelo menos uma coordenadora de acampamento e outros membros da comunidade que liderarão as sessões técnicas. O Centro Agrícola é completamente seguro e sempre terão pelo menos um (a) guarda.

Durante este acampamento nós pedimos que você nos confiasse e não viesse para ver e falar com a sua filha. **Se você quiser falar com a sua filha, pode liga-la para respectivo telemóvel ou para o nosso telemóvel (993.10.60) de 13:30 até 14:30; de 20:00 até 21:00; ou depois de 23:00 cada dia**. Se você ligar para o nosso telemóvel, nós pediremos uma conversa de apenas 5 minutos, para permitir as outras participantes tempo para falar com os seus pais.

Se você tem qualquer pergunta ou dúvida antes do acampamento, por favor, liga-nos para **221.22.92 ou 993.10.60**.

Atenciosamente,

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\\As Coordenadores do CAMP CRIOULA//

Michelle Weisse (Vila da Ribeira Grande) • Natawnee Fritz (Paul)  
Tiffany Green (Porto Novo) • Caryn Swierzbins (Porto Novo)

**CORPO DA PAZ**



**CAMP CRIOULA**

1 de Março de 2008

Querida candidata,

Obrigada pelo teu requerimento para o acampamento CAMP CRIOULA. Ficamos impressionadas com o teu requerimento, mas devido a uma grande número de candidatas infelizmente não é possível aceitar todas neste momento. Anotaremos o teu nome na lista de espera, caso haver uma vaga serás notificada antes de 15 de Março de 2008.

A nossa esperança é de continuar com CAMP CRIOULA nos próximos anos.

Atenciosamente,

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**\\As Coordenadoras do Camp CRIOULA//**

CORPO DA PAZ



CAMP CRIOULA

1 de Março de 2008

Querida candidata,

Muito obrigada por candidatar ao acampamento CAMP CRIOULA. Ficamos muito impressionadas com o teu requerimento, mas, infelizmente, por causa do limite de lugares não foi possível aceitar.

A nossa esperança é de ter CAMP CRIOULA nos próximos anos. Gostaríamos que candidatasses no verão de 2009.

Obrigada pelo teu interesse.

Atenciosamente,

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**\\As Coordenadoras de Camp CRIOULA//**

**CORPO DA PAZ**



**CAMP CRIOULA**

1 de Março de 2008

Querida candidata,

Muito obrigada por candidatar ao acampamento CAMP CRIOULA. Ficamos muito impressionadas com o teu requerimento, mas, infelizmente, por causa do limite de lugares não foi possível aceitar.

CAMP CRIOULA quer dar oportunidades às raparigas que não têm a oportunidade de participar no mesmo. A tua participação no ano passado foi maravilhosa e nós esperamos que tu vais entender a nossa decisão de acolher novas raparigas. Lembre-se que com a experiência de Camp CRIOULA, estás pronta para criar um grupo de Crioulas na tua comunidade para melhorar a mesma.

Obrigada pelo teu interesse.

Atenciosamente,

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**\\As Coordenadoras do Camp CRIOULA/**

  
**CORPO DA PAZ** **CAMP CRIOULA**

Santo Antão · República de Cabo Verde  
Tel: 223.13.44/20.56/983.66.99 · Fax: 223.12.61 · natawnee.fritz@gmail.com

**Ex.mo Senhor,  
Delegado de Ambiente, Agricultura,  
e Pesca de Ribeira Grande**

**Vila da Ribeira Grande**

29 de Fevereiro de 2008

**ASSUNTO: Solicitação de Apoio de CAMP CRIOULA**

As Voluntárias do Corpo da Paz pretendem realizar um acampamento de liderança para raparigas de todos os concelhos e localidades da ilha de Santo Antão durante esta primavera, de dia 25 a 30 de Março de 2008.

Este acampamento, denominado "CAMP CRIOULA", oferecerá informação e formação nas áreas de liderança, orientação profissional, saúde da mulher, e o conhecimento pessoal das 40 (quarenta) raparigas, na faixa etária dos 15 e 19 anos, pertencentes a várias localidades.

**Assim, vimos pela presente solicitar a Vossa Excia se digne conceder-nos as instalações do Centro Agrícola de Afonso Martinho com acesso aos dormitórios, da cozinha, e da sala de reunião, de dia 25 a 30 de Março de 2008.**

Ciente da vossa pronta colaboração, agradecemos desde já enviando os nossos melhores cumprimentos.

A Coordenadora,

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\\NATAWNEE J. FRITZ//

  
**CORPO DA PAZ** **CAMP CRIOULA**

Santo Antão · República de Cabo Verde  
Tel: 223.13.44/20.56/983.66.99 · Fax: 223.12.61 · natawnee.fritz@gmail.com

**Ex.mo(a) Senhor(a)**

\_\_\_\_\_  
\_\_\_\_\_

**Vila da Ribeira Grande**

13 de Março de 2008

**ASSUNTO: Pedido de Apoio**

O “**CAMP CRIOULA**” é um acampamento de liderança para 40 (quarenta) raparigas a ser realizado por um período de seis dias, **de 25 a 30 de Março de 2008**, no Centro Agrícola de Afonso Martinho, no Concelho da Ribeira Grande. Este trabalho é organizado pelas Técnicas do Corpo da Paz, e tem entre outros objectivos estimular a auto estima nas mulheres jovens, permitindo-as realizar o seu potencial na sociedade Cabo-verdiana.

**Assim, vimos pela presente solicitar Vossa Excia se digne conceder-nos uma doação para a realização da mesma.**

Ciente da vossa pronta colaboração, agradecemos desde já enviando os nossos melhores cumprimentos.

A Coordenadora,

\_\_\_\_\_  
\\NATAWNEE J FRITZ//

**Ex.mo(a) Senhor(a),**

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24 de Março de 2008

**ASSUNTO: CONVITE PARA “CAMP CRIOULA”**

As voluntárias do Corpo da Paz vão realizar um acampamento de liderança para raparigas de todos os concelhos e localidades da nossa ilha de Santo Antão durante esta primavera, no **Centro Agrícola de Afonso Martinho - Concelho da Ribeira Grande**, de dia 25 a 30 de Março de 2008.

Este acampamento, denominado **“CAMP CRIOULA”**, oferecerá informação e formação nas áreas de liderança, orientação profissional, saúde da mulher, o terceiro Objectivo do Desenvolvimento do Milénio e o descobrimento pessoal das 40 (quarenta) raparigas, na faixa etária dos 15 e 19 anos, pertencentes a várias localidades.

**Assim, vimos com muito honra convidar V. Excia a assistir a palestra de Sra. Presidente da Câmara Municipal de São Vicente e o almoço seguir com as participantes para agradecer o seu envolvimento de mesmo no dia 29 de Março de 2008, sábado pelas 12H00.**

Ciente da vossa pronta colaboração, agradecemos desde já enviando os nossos melhores cumprimentos.

A Coordenadora

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**/=NATAWNEE J. FRITZ=/**

# ***CERTIFICADO DE APREÇO***

26 de Março de 2008

## **Sra. Ivete Évora**

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Muito obrigada pela sua participação. Ficamos muito contente pela sua ajuda. A sua contribuição foi muito importante e vai ajudar atingir as metas futuras.

\_\_\_\_\_  
A Coordenadora do Camp Crioula

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A Coordenadora do Camp Crioula

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A Coordenadora do Camp Crioula

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A Coordenadora do Camp Crioula

# **CAMP CRIOULA**

# ***PARABENS!***

30 de Março de 2008

Com êxito, você completou Camp CRIOULA, um acampamento de seis dias de auto-avaliação e liderança para mulheres jovens.

O trabalho duro provou que você é uma mulher jovem independente, extrovertida, e confiante.

O êxito de o seu futuro só depende de você, os seus sonhos e as suas aspirações.

**Adélia Delgado Santos**

As conselheiras do Camp Crioula desejam força e coragem para realizar as suas metas.

\_\_\_\_\_  
A Coordenadora do Camp Crioula

\_\_\_\_\_  
A Coordenadora do Camp Crioula

\_\_\_\_\_  
A Coordenadora do Camp Crioula

\_\_\_\_\_  
A Coordenadora do Camp Crioula

# **CAMP CRIOULA**



## AVALIAÇÃO DE CAMP CRIOULA

Querida Crioulas, queremos saber o que você pensa sobre Camp Crioula. Favor, preencha esta avaliação e devolve na Michelle (R. Grande) ou Tiffany (P. Novo) antes de 1 de Junho de 2008. Muito obrigada pela sua ajuda no melhoramento do Camp Crioula!

1. Quais foram as sessões / actividades que mais gostaste? Enumere as 3 favoritas de 1 a 3 (1 o melhor e 3 o pior).

\_\_\_\_\_ Liderança (poder e impotente) \_\_\_\_\_ Projecto de serviço comunitário  
\_\_\_\_\_ Saúde da Mulher \_\_\_\_\_ Prevenção de Gravidez Precoce  
\_\_\_\_\_ Auto-estima \_\_\_\_\_ Tomar uma decisão  
\_\_\_\_\_ Pressão dos colegas \_\_\_\_\_ Violência Doméstica  
\_\_\_\_\_ Ambiente \_\_\_\_\_ Mulheres em Cabo Verde

Qual foi a razão das tuas preferências?

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2. Qual foi a sessão que não gostastes muito? Porquê?

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3. Das actividades artísticas (decoreção dos diários, bonecas, pulseiras de amizade, o decoreção das camisolas), qual foi da tua preferência? Porquê?

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4. O que foi de mais interessante ou importante que tu aprendeste no Camp Crioula? Porquê?

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O foi de menor interessante que tu aprendeste no acampamento? Porquê?

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5. Se pudesses mudar uma coisa do Camp Crioula, qual seria? Porquê?

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6. O que achaste sobre a duração das sessões? Porquê?

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7. O que achaste sobre a duração do acampamento? Porquê?

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8. O que achaste sobre o horário diário? Se pudesses mudar o horário, o que mudarias? Porquê?

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9. O que achaste sobre as datas do acampamento?

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10. Avaliar os itens seguintes de 1 a 10 (1 é negativa e 10 é positiva). Explicar as tuas respostas.

	-				0					+
A. Actividades de Lifeskills ( <i>Gravidez Precoce, Saúde de mulher, etc.</i> )	1	2	3	4	5	6	7	8	9	10

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B. Projecto comunitário	1	2	3	4	5	6	7	8	9	10
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C. Quebra-gelos	1	2	3	4	5	6	7	8	9	10
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D. Actividades artísticas	1	2	3	4	5	6	7	8	9	10
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E. Olimpíadas	1	2	3	4	5	6	7	8	9	10
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F. Torneio de futebol 1 2 3 4 5 6 7 8 9 10

G. Espectáculo de talentos 1 2 3 4 5 6 7 8 9 10

H. Fogueira 1 2 3 4 5 6 7 8 9 10

I. Noite de filme 1 2 3 4 5 6 7 8 9 10

J. Oradoras 1 2 3 4 5 6 7 8 9 10

L. A comida / menu 1 2 3 4 5 6 7 8 9 10

M. A locação (Afonso Martinho) 1 2 3 4 5 6 7 8 9 10

N. O acampamento inteiro 1 2 3 4 5 6 7 8 9 10

11. Qual foi a tua opinião do Camp Crioula em geral?

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12. Tens interesse em ser uma conselheira jovem para o próximo Camp Crioula?

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13. Comentários e sugestões adicionais:

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