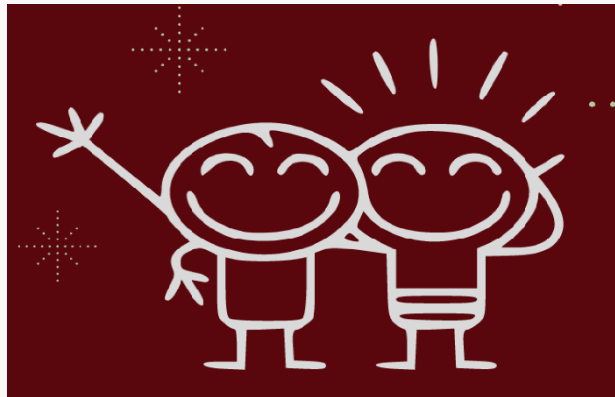


Heights and Minds Annual overview 2021



Despite Covid measures Heights and Minds is very pleased to report considerable progress.

In the attached overview of the highlights of 2021, it is clear that despite lockdown measures both MindUp have been open most of the year. This has been very important during their first years of operation which was meant to build the trust and bring the services to the attention of the community. This has been achieved, with the RRC in Indonesia even receiving an award for their efforts. We are also very proud of the continued development of our concept with the introduction of the Highway Platform. Thanks to our sponsor Service Heroes, the platform has been built, introduced, and is now starting to give us results so we can better monitor what is happening and support in a timely manner. Our Senegal activities are growing with new plans to open another MindUp and commitment to the coaching program in 2022. And in Indonesia we are starting 2022 with a second local partner and working toward new funding opportunities. In Uganda, thanks to all your support, we can start in March with the establishment and training program. We are very excited to start 2022 with all these new activities, an additional country, new partners and sponsors and we all hope it will be a year in which covid will play a much smaller role.



Claudia Rokx
Founder and Chairman of the Board





GLOBAL MINDUPS

Our two MindUps in Senegal and Indonesia have, except for some closures due to interruptions and lock down, opened and welcomed many mothers, children, teenagers, parents and grandparents who enjoyed our child growth promotion sessions, cooking shows, healthy snacks and innovative recipes and especially in our Indonesia based MindUp new urban gardening techniques.

Our MindUps in Senegal and Indonesia, Tawfekh Keur Jaboot and Ruang Riung Ceria (RRC):

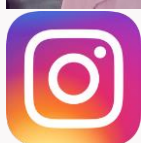
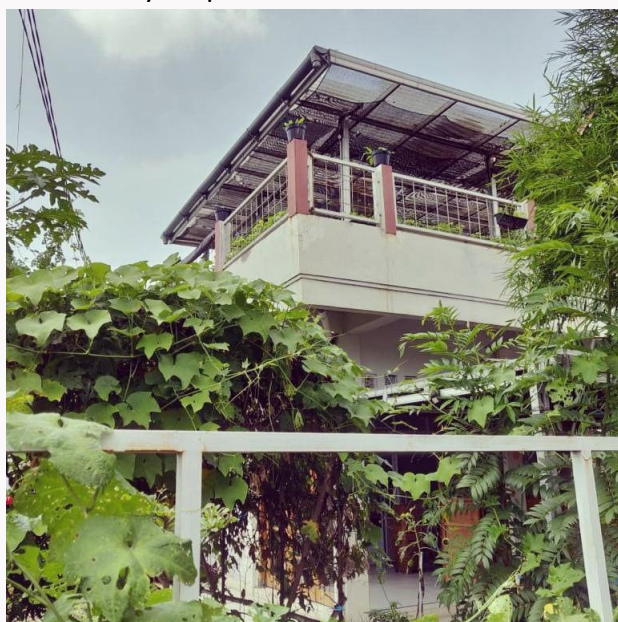


For more impressions, check out our instagram: [@heightsandminds](https://www.instagram.com/heightsandminds)



RRC WON THE STUNTING PREVENTION INNOVATION AWARD UNDER THE CATEGORY OF COMMUNITY EMPOWERMENT

We were extremely proud that the RRC in Rancaekek won the prestigious Habibie/BKKBN/KemKes Association Stunting Prevention Innovation Award in the category Community Empowerment.



Check out their instagram: [@ruangriungceria](https://www.instagram.com/ruangriungceria)



THE FIRST HEIGHTS AND MINDS COOKING SHOW BETWEEN INDONESIA AND SENEGAL

In 2021, the first virtual Heights and Minds cooking show between the MindUp in Indonesia RRC and the MindUp in Senegal Tawfekh Keur Jaboot took place!

As a start of setting up the Global Network, students from the University of Applied Sciences Amsterdam who followed a minor in Global Health helped us to organize a virtual cooking competition between the MindUp in Indonesia and Senegal. They investigated which ingredients that are suitable for complementary feeding are available in both countries. MindUp Managers (MUMs) in Indonesia and Senegal were then asked to prepare a dish with tomato, carrot, pumpkin, and/or peanuts. They could come up with their own recipes, keeping in mind the right consistency for children 6-24 months old.

We plan to connect and empower all MUMs around the world in a Global Network where they can learn from each other and share experiences.





A NEW MINDUP WILL BE OPENED IN MARCH 2022 IN COLLABORATION WITH OUR LOCAL PARTNER KAWEMPE YOUTH CENTRE (KYC) UGANDA

Heights Minds' Training and Coaching program is ready to be tested with our new partner in Uganda, KYC. Thanks to all of you, we will be opening a new MindUp in Kampala, at the Kawempe Youth Center in March 2022. With huge thanks to all of you for supporting us through the Give the Change, Triodos Foundation Crowdfunding Platform for making this possible.

Curious to see with whom we currently collaborate and to get an impression of the different MindUps around the world? Click on the map and find out!

GIVE *the* CHANGE
Triodos Foundation

IN 2022, A MINDUP WILL BE OPENED IN UGANDA THANKS TO YOUR SUPPORT!

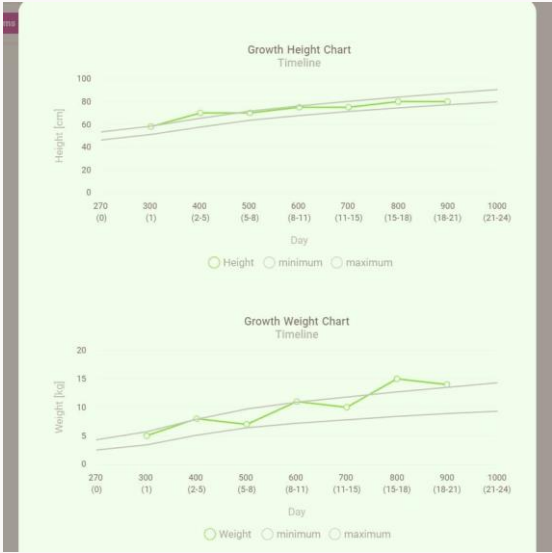
Kawempe Youth Centre
Kampala, Uganda

Happy Health Kids in Uganda



THE HEIGHTS AND MINDS HIGHWAY PLATFORM

We are very excited to have introduced the Heights and Minds Highway, the digital platform for registration of our 1,000 days participants and management of the 1,000 days program. The platform continues to be developed and by the end of 2022 we aim to start providing real time data on numbers of participating children. With a huge thanks to our sponsor **Service Heroes!**



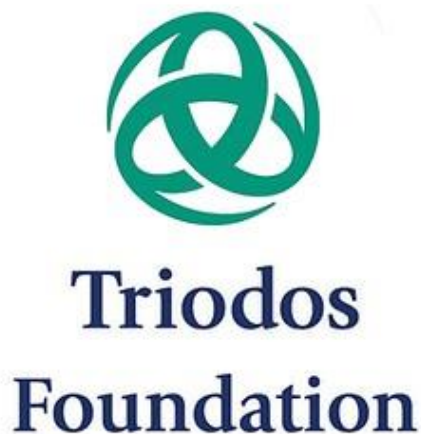


MEET OUR NEW PARTNERS AND SPONSORS!

We are proud to announce new partnerships that will be developed and signed in 2022 with the **AfriCAN** network in The Gambia and the **Center for Indonesia's Strategic Development Initiatives** in Indonesia. And we are very excited about the plans of the *Conseil National du Developpement de la Nutrition* (CNDN), our Partner in Senegal to expand to Thiess with a new MindUp to be opened in 2022 in Pout. Moreover, in Indonesia Heights and Minds has started discussions for more MindUps. We will be reporting on all this throughout 2022.



Also, we are very proud to announce two new sponsors: **Rotary International Club of Stockholm** who will be supporting the RRC in Indonesia in 2022 and 2023 and **Triodos Foundation** donated resources to support the Training and Coaching program development and testing in 2022.





SPECIAL THANKS TO ALL THE AMAZING STUDENTS (AND TEACHERS) WHO'VE SUPPORTED US IN 2021 TO IMPROVE THE MINDUP CONCEPT!

Together with our Partner **Odisee**, we won the 2021 Global Minds award for the adaptability of intercultural internships during covid times and sustainable international cooperation. We also were awarded a considerable sum to support the MindUps directly. A very warm thank you from all of us. Also, a huge shout out to all our students who supported Heights and Minds and have now graduated in 2021! Check out their blogs here. We are very excited to welcome more students from **Odisee**, **InHolland**, **Amsterdam University of Applied Sciences** and **Maastricht University** and **McMaster Gobaal Health** programs who will be conducting their internships and writing their Master thesis with Heights and Minds.





