



## Vision:

A cohesive community of open minded, resourceful and self-aware individuals in Uganda.

## Core values:

Respect - Reflection - Integrity - Hard work  
Community Service - Empowerment.

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## Mission:

Creating a safe environment, which engages children and youth to discover their identities and develop social and economical skills through arts, sports and non-formal education methodologies.

## Curriculum Themes

These are the participatory portals in our methodology through and with which we explore, experience, understand and reconnect to life forms on Earth.

They are the foundation on which we develop, design and implement our program activities offering an opportunity to the facilitators and participants to go on a journey to seek, debate, question, discover, remember and share their truth and new discoveries without blame or judgement.



### IDENTITY:

This is the past, present and future presentation, expression and definition of our feelings, thoughts and actions in relation to the elements that support our human experience. We refer to this in our learning environment as the process not a found object. A process to remember, create and become who we desire to be.



### ENVIRONMENT:

That which surrounds us in the physical and spiritual aspects of life. The seen and unseen elements that affect our being, thought, emotions and actions. That which offers reflections to look critically deep inside and outside to acknowledge, accept, bless and realize our purpose in life. We refer to this in our learning environment as the support. The support for who we are now and for the realization and creation of who we want to become.



### HEALTH:

Extend healing and restoration of balance to all that gives life coordination, rhythm and flow. Health is a state of being which can be achieved through attention, mindfulness, awareness, conscious choices and actions.



## The Methodology

### We use a Non-formal education methodology of learning

Our facilitation and teaching methods are based on the [Creative Community Model](#) where we engage the participants using arts/creative expression, sports tools and dialogue to cultivate resilience self-confidence, critical thinking, creativity, compassion, effective communication, emotional intelligence for personal development, a catalyst for community building and positive social change.





## Director's note

**EXECUTIVE DIRECTOR**  
**Sebulime Elisha Davis**

As we close a chapter and look forward to opening a new one, we acknowledge and give thanks for the gift of life, good health, journeys travelled and all lessons learned.

We acknowledge and give thanks for the support extend to us from family, friends and all well-wishers of the mission we serve here at Soul-Xpressions.

Give thanks to the land that feeds us, the skies that covers us, the waters and fire that nourishes us. May the new chapter bring forth renewed creativity, awareness, compassion, enthusiasm, effort and understanding, and may we all reclaim our power, the joy of living, peace, love and unity.

I invite you in the following lines of text and images to take a journey through our 2022. Thank you for taking time to read on.

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## 2022 in Summary

With the support of our newly established board, the management team has been able to realize some fundamental milestones toward the attainment of Soul-Xpressions mission objectives. 2022 has been a year of organizational restructuring, building financial systems and policy, child protection policy, strategic plan document, monitoring and evaluation system, Human resource policy and media and a communications strategy.

Both our creative empowerment and creative leadership programs have captured steady progress with consistency in numbers of activities and participants. Engaged over 100 children and youth in leadership and artistic/creative expression development programs, hosted over 50 international youth workers, sent 4 youths to France, Spain, Greece and Poland for 5 months voluntary service placements, sent 10 youth workers to capacity building training workshops to Bulgaria, Lithuania, Greece, Spain, Cyprus, Italy, Kenya, Vietnam and Poland, with SCRED, Global Lab projects, Age of migration, Empath 4 youth and P-Action projects. Our social media platforms have all performed beyond expectations, thanks to the team on ground..

# The programs and projects

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## Creative empowerment program

Our creative empowerment program has been very vibrant with both our creative youth facilitators and youths/children actively engaged in our weekly workshops for all the three (3) terms.

We held 2 local activities for 48 youths as part of the international projects capacity building phase. P-Action; where young people who took part in the training course in Lorca, Spain in May 2022, shared their experiences and ran workshops with fellow youths, sharing tools for personal development. Among the tools shared was the AM-FM tool which allows participants to analyze their past and present situation to determine their future by recognizing their strengths, working on their weakness, set and pursue personal development goals .

and Age of Migration; where Soul-Xpressions' youth facilitators and youths from our partner organizations such as Sosolya Undugu Dance Academy took on the task to neutralize the stigma around migration by proposing different measures through their imagined societies using theatre, music, dance and visual arts. After all we are all migrants from our past.

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## Creative leadership program

Dance programs:

This year we managed to run our dance training program for the first half of the year and had to press pause due to international projects that saw most of our dance artists travel to Europe for long project activities (5months). We however had the privilege to work with one dance school in Kielce, Poland, with which we are establishing a new partnership for training and performance on their April Jazz festival in Poland.

Facilitation training;

Six (6) of our youth facilitators in training conducted leadership training camps for 48 youths from Kampala.

These training camps were co-funded by European Commission under Erasmus+ programs. The training aimed to build the capacity of youth in personal leadership, self-management, emotional intelligence and community service.

International Exchange programs:

European Voluntary Service (EVS); We sent out four of our youth facilitators to France, Greece, Spain and Poland, where they spent 3-5 months developing personal and professional skills for what lies ahead for their individual visions and Soul-Xpressions' mission.

We hosted 4 volunteers as well from Spain as an exchange in the European Voluntary Service, 4 job shadow participants and 2 youth training courses with 40 international youth workers from Italy, Poland, Senegal, Kenya, Tanzania, Spain, Bulgaria, Latvia and Lithuania.







## Testimony corner

How our staff, volunteers and participants experienced 2022 through Soul-Xpressions programs.



**PROGRAMS COORDINATOR**  
Kanyike Edgar

This year's activities were empowering for both our facilitators and the students. Once again, we were able to create safe learning spaces in which we shared ideas, perspectives, experiences, developed skills and talents. Our workshops this year explored topics like emotions and how we can manage them, the relationships we have with our environments and others, our mental and physical health, and many others.

We were privileged to have volunteers that were part of our team for 5 months to exchange knowledge and be part of our journey.

We are confident that the work and memories we made this year will contribute to positive growth in the spaces we will create.

As a volunteer, I had a very fulfilling and interesting 5 months with Pistes-Solidaires in Pau, France.

This was my first long stay in an environment that is considered an opposite of where I come from, Uganda. It was very interesting to see how cultures on the other side of the world approach challenges, how they relate to each other and the working discipline they possess in comparison to home. It was a pleasure to have joined the teams of youth workers at educational centers (La Pepirenne and Leo Lagrange) to learn from and with them. It was fulfilling to see how youth workers in France handle and teach young minds.

Another pleasure was hearing and taping firsthand the stories of migrants in France. I got a glimpse into what migration into Europe means for non-European persons today. I consider it a gift to have experienced this different culture as a member of the community and not a visitor. This added perspective is one I wish for all young people to taste, especially those trying to find clarity at some point in their lives.

## European Volunteer Service (EVS) program

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Marta Mellinas Gomez; I am for the first time in Africa as a volunteer in Kampala, Uganda working with Soul-Xpressions for 5 months, who are very cool people. It has been the most enriching experience of my life. I have learned a lot about life outside of Spain and about myself too, right here working with these wonderful children here who give me a lot every day of new experiences and with whom I learn about the culture as well as about the place. So, I am super grateful to be here and I would recommend everyone to have an experience like this because it changes you and your perception of the world we live in.



Carla Grau Bastida; I am developing in many facets of life but it is not only thanks to me, but to the people around me and with this I have to say thank you to the Soul-Xpressions team because they all form a very special community and help others so that they grow as people too. They care about the community, about the "environment" and are always trying to be better. The most important thing for me is that I can never stop learning, even from bad experiences that we have lived. Understanding the way of life of other countries and other cultures is very gratifying, too much. I think that both of us, Marta and for me it will be an impressive shock when we return to Spain, because we don't want to leave, that's true, and well I don't know what else to say, I love you and thank you!

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Kansiime Faith; Being a homophile, my trip to Poland was yet another momentous and historic trip, full of learning and fun. Seeing historic places, making friends, learning a new language, checking out the WW2 historic monuments, food, music and dance etc. Most importantly, I got more connected and learn more about my country and appreciated my origin more than before. I enjoyed working with CAT - having only women running the office was very inspiring because the level of organization in activities was commendable.

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Hassan Onegurwoth; I spent a lot of time learning how to fix bikes, tidying up the basement and organizing the flats where new volunteers would sleep once they arrived. I was also engaged in activities by the sea side which involved renting free bikes to people for a few hours, sharing the ecological footprint and telling them about Erasmus+. Being in these spaces working with Alter-Ego in Greece gave me a vision of how beautifully diverse the world is, how powerful the mind is and how interconnected we are to all universal creatures. The idea of the P-Action project is to understand your empathy and how it brings happiness in self and others around them.

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Apio SharonMary; I've awakened a deeper sense of responsibility which I know is still developing and I am grateful for this. Living away from home, In Lorca Spain and with different people has got me in a space of self-consciousness and responsibility. Having to work with different people and them having expectations from you to deliver. Co-living and gratitude. I've realized the importance of gratitude in every aspect of life and I am grateful to my fellow volunteers who shared a flat with me. Sharing the same living space and learning to co-live and share with others.

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Ayikoru Sumaya 13yrs P.4

Before, it was hard for me to support someone else, but nowadays when I see someone doing something, I don't laugh at them and discourage them, instead I support the person

Ochaya Nicholas 11yrs P.4

I liked the games they taught us and I will teach them to my friends at home too.



Kadooli John 10yrs P.3

What I liked most was the games because I play them at home to kill boredom. I have learned to use magic words. Sometimes my brothers keep wondering why I keep apologizing for even the slightest mistakes. I am going to apply this in my daily life to respect others. I am going to be honest with everyone



Nalukwago Anisha 12yrs P.3

I used to think hygiene was just about bathing and that's it. But then I learned that it also involves cleaning my space, my mattress and where I live.



Omiza Hanifah 14yrs P.4

Things I learned this year?

Self-confidence.

How I am going to use this in my life?

I will use self-confidence when I am in debate.

Bunduki William 15yrs P.3

Before I never used to feel like myself, I could be in a place and feel uncomfortable. I'd feel like I don't fit in, but now I can be in a place and feel comfortable and confident.







**MEDIA MANAGER**  
**Apio SharonMary**

## Media Summary

Facebook		
Page Likes	Page Followers	Engagement
2021 1720	1792	12.1k - 2.7k
2022 1790	1873	14.1k - 3.6k

  

Instagram		
Followers	Engagement	Organic Reach
2021 572	235	810
2022 843	302	901

  

YouTube	
Subscribers	Organic Reach
2021 43	315
2022 45	385

  

Twitter	
Followers	Impressions
2021 52	104
2022 65	120

The section displays the social media performance of our online platforms. Metrics covered are social media followers, users engaged, page likes and reach.

**Facebook;** These likes were divided among 10 different cities such as Kampala, Goma, Nairobi, Kigali, London, Dubai and more than 10 different countries, Germany, USA, Spain, Bulgaria, Uganda, Tanzania, France. The largest age bracket reached 18-25yrs.

The page has grown in the last one year even as the restriction to use facebook from the government is still in place.

**Instagram;** The page has grown in engagement and attracted an impressive following, reaching a wide range of people world wide.

We have been able to reach more than 10 countries from even without boosting. The numbers tell the story well.

**Youtube;** The page is growing steadily even as there is less content published. We intend to have more growth and activity on this page in the coming year.

**Twitter;** the handle has been dominant for some time and we plan to revive it with frequent posting.

In summary, all the pages have grown and with boosting, we can be able to reach a vast range of people worldwide. Next year we plan to create more content and improve the frequency of posting, and find ways to interact with our online community.

# Financial Support

## Office and Dance space rent;

Aktion 5% from German, for the past four (4) years now has been supporting us with our dance/office space rent.

We are very grateful for the kindness and generosity, as without this space, our programs can't go on.

## Creative empowerment and Creative leadership programs

Transportation to the centers of activities, student's snacks, art and stationary materials this year were made possible with funds from Aktion 5%, our Patreon donors and Gina Caruso.

## International project activities

Our international activities for Global Lab in Action, Age of migration, Sports Community reported (SCRED), P-Action and EM(path) 4 YOU(th) projects have all been co-funded by European Commission under the Erasmus+ programme.

## Welfare and relief

For 2020, 2021 and 2022, the world as we knew it flipped and we experienced very difficult and harsh life situations with both the Covid 19 pandemic and now the Russian war with Ukraine making life difficult. we want to extend our gratitude to the family of Christine, Katharina and Urs Hausherr for their kindness and generosity towards our welfare.

# Partners



# Sponsors and Funders



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Compiled by  
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