

Pratthanadee Foundation

2019



Annual Report



Dear Friends, Donors, and Supporters,

Happy 20th anniversary! I vividly remember the day Pratthanadee was born. I had placed an advertisement in the Bangkok Post calling on anyone interested in joining a new NGO to come to Room B of the Grand Hyatt business center at 2:00 on October 11th, 1999. Only five people showed up. One was looking for a job that could provide a visa and didn't really care about our mission, two others I'm pretty sure came just for the free food, and of the two remaining attendees I hired one and the other offered to be a volunteer. The rest as they say is history.

No one in that room could have imagined that our doors would still be open 20 years later. Nor could they have imagined that we would have trained over 28,000 young women. We rarely take the time to recognize our success but we're humbled by the impact we've had on the women we serve. One would think that it can be hard to work with women who share such difficult backgrounds – the emotional and physical abuse that they suffer, the lack of opportunities made available to them, the pressure from family and society. However we come to work every day and are inspired by their optimism and the determination to change their lives that these women demonstrate. It's a privilege to be part of their journey.

So what do the next 20 years hold? I'd like to say that we'll be out of business because our services are no longer needed. However demand for what we do has never been greater, unfortunately. We have big ambitions and want to increase our reach nationally across a network of locations and help even more young women. If we can help 3,000 women a year today why can't we help 5,000, 10,000 or even 20,000 a year in the future? We have an award winning program, a passionate team, a proven track record of changing lives and plenty of energy to keep going.

We are grateful to all of you for your generosity since Day One and we hope that you are as proud as we are of the brave women that have walked through our doors since 1999. That door wouldn't be open without your support – thank you.

Best wishes,

Enrique Cuan

Founder

Dear Friends,

2019 was a major milestone for us as it marked our 20th anniversary. What an eventful year it was! Our team was kept on their toes from the start of the year right through to December. We had fundraising events and campaigns lined up chock-a-block, all with the singular aim of raising enough funds to support our programs during the year.

I am pleased to report that we were just a touch shy of our fundraising target. Hopefully we can do even better going forward. To do this, we will need the continued support of donors, volunteers and partners. So many came through for us this year. My board members and I have done our utmost to thank them personally where we can. We especially appreciate ThaiBev, which again generously sponsored our sold-out biennial fundraising gala dinner. It was ThaiBev's third sponsorship of a Pratthanadee's fundraising gala. The event featured Vocal Point, Brigham Young University's renowned nine-man a cappella group. It was their first performance outside North America and I feel privileged that they made Bangkok their first port of call. The gala brought in much needed resources to run our training programs in northeast Thailand and Bangkok.

During the year, we were also fortunate to enjoy the backing of several international companies which have made it part of their Corporate Social Responsibility programs to support underprivileged girls and women. I am encouraged by their keen interest and hope to develop more linkages with like-minded firms in the new year.

As the decade draws to a close, I am filled with optimism. I look forward to working with the team and our extended family of partners and volunteers to change even more lives in the next 10 years.

Sincerely yours,

M. R. Benchapa Krairiksh

Chairwoman of the Board

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Introducing Pratthanadee

The Pratthanadee Foundation is a non-governmental organization based in Bangkok, Thailand with a second branch in Ubon Ratchathani province in the northeast of Thailand. Pratthanadee, established in 1999 and officially registered in 2000, is registered under the Office of the National Culture Commission in Thailand (license number: Tor 490/2543 and registry number: Kor Thor 1158) and is affiliated with a partner 501 c(3) tax-exempt organization in the United State.



A young girl growing up in rural Thailand has few opportunities for education, training and employment. As a result, thousands of young women move to Bangkok each year looking for work to support parents, grandparents, younger siblings and sometimes their own children back home.

These women arrive in the city with little preparation, no savings, no connections and no real, marketable skills. Their opportunities in Bangkok are limited – factory work, domestic labor, cleaning and sometimes worse. With stark choices and growing financial pressure, they often become trapped in informal, underpaid or unsafe work. The Pratthanadee Foundation works with these women to improve their economic opportunities and to prevent young girls from falling into the same traps.

Through our volunteers and staff, we provide free training in hard and soft skills so women and girls become more confident, independent, ambitious, and are likely to secure better jobs and higher salaries. Our training is offered in Bangkok and in Ubon Ratchathani and surrounding provinces in the northeast of Thailand. Pratthanadee serves two main groups:

- Women who are unemployed or in employment that is unstable, unsafe or underpaid in Bangkok;
- Girls from poor backgrounds in rural northeast Thailand, who are at a crucial point in making decisions about their futures.

The Foundation launched its unique core training program 'Better Me' in 2016. Our 'Better Me' course comprises a series of weekly workshops, accompanied by 1-on-1 mentoring and English language classes, to help women turn their lives around and achieve their goals. Our training workshops for girls are offered in partnership with local schools and include 'Preparing for Success', a career planning workshop, and 'Claim your Rights', a personal safety workshop. Pratthanadee has a small staff team and group of dedicated volunteers. We create a welcoming community, where women feel supported and valued as they take the first step to a brighter future.

In 2019, Pratthanadee Foundation was vetted by GlobalGiving.



Meet our Board

M. R. Benchapa Krairiksh, Chairwoman of the Board

Khunying Benchapa is a graduate of Political Science from Chulalongkorn University. Khunying Benchapa is the former Vice-President of the National Council of Women and Chair of its International Relations Committee. She contributes to many charitable organizations, such as The Foundation of the Promotion of Supplementary Occupations and Related Techniques of Her Majesty Queen Sirikit of Thailand (SUPPORT) and the Saengsawang Foundation.

Shannon Kalayanamitr, Board Member

Shannon is a passionate Women's advocate. She is a mover and a shaker, dedicated to building businesses and deeply connected in sectors of Business, Entertainment & Media, and Women's Rights in Thailand and in Asia.

Tamsin Haigh, Honorary Board Member

Tamsin was the Strategic Development Manager for Pratthanadee for two years. She is now based in Laos working for The HALO Trust, an international NGO clearing landmines and other explosive remnants of war.

Thipyanipa (Krairiksh) Samalapa Vice Chairwoman of the Board

Thipyanipa is a graduate of Chulalongkorn University's Faculty of Communication Arts and holds a Masters of Theological Studies from Harvard University's The Divinity School. She contributes to many charitable organizations, not only volunteering but also serving as the Board of such as the Childline Thailand Foundation. She is the founder of JitAton (JitAon.life)

Kurt Heck, Honorary Board member

Kurt Heck is a former software executive from California. He is a Certified Public Accountant and holder of an MBA from the American Graduate School of International Management in Arizona.

Soohow Wong, Advisor

Soohow is formerly Vice President at Channel NewsAsia and part of the Asia-Pacific management team at Habitat for Humanity. He advises the foundation on communications, media and stakeholders' engagement.

Ada Jirapaisalkul, Board Member

Ada is a pioneer in the fields of social entrepreneurship and social investment in Thailand. She is currently ChangeVentures Head of Social Impact Advisory – an affiliated organization of ChangeFusion, Founder and Managing Director of Thai Young Philanthropist Network (TYPN) and Board Member of Khonthai Foundation.

Claudio Caballero, Honorary Board Member

Claudio has been an engineering and technology executive for over 20 years in the USA and SE Asia, he holds an MBA from INSEAD and has been a supporter of Pratthanadee since its founding.



How Pratthanadee Works

We help women in Thailand who are:

- Living a hand-to-mouth existence in low paid, dangerous or demeaning work.
- Undereducated and low skilled, and unsure how to move beyond this.
- Carrying the responsibility of supporting children and family upcountry with very low wages.
- Leading a lifestyle that is damaging their self-confidence, health, and their relationships with children and family.

Our mission is to capture the generosity of donors and volunteers and transform it into free high-quality training and support for underprivileged women, inspiring a new generation of confident, motivated and resilient women.

We aim for Pratthanadee's women to be actively seeking to realize their career and work aspirations, by:

- Securing higher quality employment with better working conditions.
- Securing a promotion or a pay rise.
- Taking on further training or education to meet their career goals.

By taking control of their own lives, our women are able to start moving towards independence and financial security, reducing overreliance on unhealthy jobs, relationships and loans.



women
approach us
when they feel
stuck and want
to improve their
lives

if they meet our
eligibility criteria
we enroll them
as students

**voluntary
training experts**
offer their time
and skills



this training is
delivered to
students
for free

the Foundation
designs the
curriculum
and creates
training materials

with staff, they
develop
effective training
suited to the
target group



students review
the training to
make sure it
works

students join more
training, and use their
new skills to
**make changes in
their lives**

as a result, they
**find higher
salaries and
better quality
work** improving
their sense of
confidence and
self-worth



A Life-Changing Program for Women

In 2016, we launched a new core training program: The 'Better Me' Program.

Women at the Foundation now have access to career and personal development training to help set the right attitude and provide tools for success. Over a series of weekly training, the program guides women from feeling trapped, dependent, and hopeless about the future to becoming empowered, optimistic and motivated, ready to explore new opportunities.

'Better Me' lifts women up. It lets them know that they can be more, and then it provides them with the tools and the support to become more. There is nothing else quite like it in Bangkok. It is built on 15 years of trial and error, and the content rivals many private sector personal development programs.

'Better Me' creates real empowerment: an internal and positive change in each woman, so that she can go out and change her life herself.

The program includes four core elements:

1. **Develop Vital Skills:** 30 hours of career and personal development training, covering topics such as Self-Assessment, Goal-Setting, Women's Law and Rights, Self-Defense, Managing Your Money and Getting the Right Job for You.
2. **Learn Basic English:** 25 English lessons, taking students up to Level A1 in the Common European Framework of Reference for Languages, and helping them to access higher levels of employment in Bangkok.
3. **Personal Mentoring Sessions:** A female mentor with regular one-to-one sessions to provide personal help and support throughout the program.
4. **A Welcoming Community:** Supportive staff, a computer lounge and library, and a welcoming center in the heart of Bangkok.



Empowering Workshops for Girls

A common solution often proposed to the poverty faced in rural villages across Thailand is to dispatch their children to the city to make money to send home. While the poverty is challenging enough, the male-oriented culture has created an even more unfortunate fate for the women. Often, it is the young female who rescues her family, while men tend to be freer to live their lives.

There is always at least one person in every family, who knows intuitively from an early age that she will become responsible for improving the whole family's life, while the rest of the family lives from her earnings. We work with these young girls before they move to the city, and then direct them to our courses aimed at women in Bangkok if and when they migrate to the capital.

In partnership with local schools, we run two core workshops for girls:

1. Claim Your Rights Training

Moving from a village to the capital city can be a shock, and many of these girls will find themselves in risky work in bars, clubs and private homes. We prepare them by providing training in life-saving skills, including:

- ✓ Recognizing and avoiding dangerous situations.
- ✓ Women's law and rights.
- ✓ Basic self-defense.

2. Preparing for Success Training

When girls leave village schools, they are unlikely to have received any advice on what to do next. This workshop introduces them to:

- ✓ Self-assessment.
- ✓ Training and education options post-school.
- ✓ How to find and apply for jobs.



The Year in Numbers

444

girls in Ubon Ratchathani were trained to plot their career and educational plans in 'Preparing for Success' workshops.

1,692

girls in Ubon Ratchathani were trained in recognizing, avoiding, responding to dangerous situations and Basic Self-Defense.

125

women in Bangkok enrolled in weekly English language courses.

398

women in Bangkok took part in career and personal development courses, including: Career-Specific English (specialized workshops on vocabulary required in different professions), Computer Training (covering the Microsoft Office package), Make-Up and Self-Presentation, Self-Assessment, Dealing with Situations, Thinking About the Future, Managing Change and How to Start Planning.



The Year in Review

It was an eventful year with plenty to keep our lean team very busy from the start of 2019 right to the end of the year. While we were extremely happy to have repeat donors support us in major projects, we were also encouraged to see a trend, albeit a nascent one, of corporates coming onboard as they saw value in including our foundation in their Corporate Social Responsibility (CSR) programs.

Confidence Stops Violence

We kicked off the year with a Canadian Embassy sponsored event at the venerable Foreign Correspondents Club of Thailand in January. The event had a twofold purpose: one was to launch a pocket-sized 'Better Me Survival Guide' and the other was to provide a public forum to discuss gender-based violence and harassment. The guide, targeted at underprivileged girls and women, is meant to highlight what gender-based violence and harassment is and the list of public resources available to those who are seeking help. We were privileged to have Canadian Ambassador Donica Pottie as guest of honour to open the event.



Other speakers at the roundtable forum included Thanichar Limpanich (Family Network Foundation), Chotiros Naksut (writer), Preechaya Saiwilai (Nyx Cosmetics, L'Oréal), and Pramote Suksatit (former national athlete). It was a spirited discussion with nearly sixty guests in the audience, including partners, donors, students and volunteers. The event was hosted 'live' on our Facebook page and we later published the video post-event on our social media pages. To date, we have distributed over 6,000 hard copies of the guide all over Thailand and we have extended the reach of it by making it available for downloads on our website and social media platforms.



Voices That Care

Summer was exciting and definitely entertaining. Our foundation was the beneficiary of two almost back-to-back musical events. In May, we were picked to be one of the causes supported by Thai superstar, Nadech Kugimiya, at his first solo concert. Held on a weekend at the Royal Paragon Hall, it was a sold-out performance on both days. In addition to receiving a modest sum from the proceeds of the concert, we were elated to be also given a marketing booth outside the hall to raise awareness about our foundation to thousands of his fans. The real icing on the cake, however, was being asked to speak alongside this A-list actor/singer at the pre-concert media conference. This marketing opportunity was priceless, and we thank GMM Grammy for the invitation.



In June, together with ThaiBev, we held a sold-out fundraising gala dinner at The Athenaeum Hotel showcasing Vocal Point, Brigham Young University's renowned nine-man a cappella group. Their pitch-perfect performance thrilled the 300-strong audience from the first note to the last. Vocal Point, which to date has racked up over 74 million views on YouTube, impressed everyone with their vocal dexterity, slick choreography and humour. During the 90-minute performance, they breathed new life into well-known hymns and the stellar hits of Stevie Wonder, Earth Wind & Fire, Billy Joel and the like. It was their first international tour, and they had included our city as a pitstop so they could lend their voices to our cause. For that, we were immensely grateful.

During the gala, our chairwoman Khunying Benchapa also lent her sweet vocals to the night in a surprise performance of traditional Thai songs. Hopefully, we will get to see more hidden talents within Pratthanadee's board members in future galas! The funds raised from the show have enabled us to double our effectiveness in helping underprivileged women and girls in Thailand. For this, we are thankful to all our supporters, staff, volunteers and especially Thai Beverage Public Company Limited. It was ThaiBev's third sponsorship of a Pratthanadee's fundraising gala. The event also owed its success to the following donors: Saha Pattana Piboon Public Company, K. Saipin Phaholyothin, LDS, Dhipaya Insurance Public Company Limited, Krispy Kreme Thailand, K. Tipparat, K. Pichitra, K. Jack, TPY Su, Ambassador Sakthip, Royal Procession, K. Yupaporn Boonked, Baker & McKenzie Ltd. Khun Somporn, Kasikorn Bank, and the Tourism Authority of Thailand.



Stand Up to Violence

The second half of the year saw us extending our reach to more schools in northeast Thailand, thanks to the financial support of the Irish Aid In-Country Micro-Project Scheme. Training workshops under the banner 'Empowering Girls in Rural Northeast Thailand to Protect Themselves Against Domestic & Sexual Violence' were conducted in poorly resourced schools in Ubon Ratchathani, Sisaket and Amnat Charoen provinces from July to September. We were pleased to have trained 1,332 girls, more than the original target of a thousand students. These girls went away with new knowledge on the skills and resources to deal with domestic and sexual violence within their families and communities, as well as in exploitative and abusive work environments, if and when they migrate to urban centres to find work.

We hope that over time our training will enable thousands of girls and women from poor rural communities to build healthier and safer lives for themselves and their families. We further hope that our continued efforts will eventually result in changing societal attitudes about the acceptability of violence against women and girls, and that more will report gender-based crimes and seek the help they need.



Think Global, Act Local

During the year, we kickstarted projects sponsored by two international companies, global law firm Allen & Overy and sports fashion retailer JD Sports. Both were drawn to our mission of empowering underprivileged girls and women as this dovetailed with the causes they were passionate about. The two companies have always been strong advocates of women and gender-based issues in many jurisdictions they operate in. Hence it was a great match and their funding enabled more women to undergo our flagship program 'Better Me' at our Bangkok office. We are excited with these collaborations and hope they are the start of more similar CSR projects in future.



Notes from Ubon Ratchathani (Ubon)

Kurt Heck's reflections on Pratthanadee's training for girls in northeast Thailand



I've been involved with Pratthanadee to varying degrees since I first came to Thailand nearly 20 years ago. Having moved to Phuket in recent years, I've been wanting to catch up on how the foundation's work in the Isaan region of Thailand has progressed. Since I last visited the Ubon Ratchathani (Ubon) office five years ago, the staff had been refining the approach, focus and teaching materials for the seminars they run. These seminars target 12-14 year-old female public school students at the Mor 2-4 level (the equivalent of 8-10 graders), addressing 40-50 girls in each session. I wanted to see this newer program first-hand.

Several times a year, depending on available funding, Pratthanadee's Director Beer and staff member Duang fly into town from the Bangkok office to unite with Nang from the Ubon office to conduct these trainings. Every weekday morning for three consecutive weeks, the three of them drive out into the countryside surrounding the city - sometimes travelling as much as two hours away - to deliver these trainings and then return to Ubon the same day. It's a grueling schedule.

In June, I flew to Ubon and observed two days; a "Planning for Success" training on a Wednesday at a high school in Sisaket, then a "Claim Your Rights" training at different school in southern Ubon province about a 2-hour drive away the following Friday.



The following are my observations on the four half-day trainings I attended:



‘Planning for Success’



This is an introduction to career planning for young girls, an attempt to get them thinking about what they might do to maximize their opportunities after school, be that by studying further in university, trade or by entering the workforce. The girls are given handouts that detail their various continuing education options as well as the salaries that might be expected in certain trades. They then break up into small groups to discuss their ideal careers, and then each girl is interviewed briefly about her plan to actualize that career in front of the class. Interestingly, for quite a few, this appeared to be the first time they gave any serious thought to their futures. Judging from their reactions, this training seems to have made a real impression on the participants.

‘Claim Your Rights’



This program is an evolution of earlier self-defense trainings that I had seen taught in my prior visit to Ubon. The new training includes self-defense tips as part of a broader program discussing different types of physical and emotional violence and how to resist them. The various online confidence and financial scams facing young Thai women are reviewed in detail. The pertinent legislation surrounding women’s rights is discussed, as are the women’s NGOs and other organizations that help promote and protect women’s rights and safety. Some basic self-defense moves are demonstrated and the comprehensive “Women’s Survival Guide” recently published by the foundation is distributed to all.



In both programs, I was struck by the:

- comprehensiveness of the information presented. Detailed handouts of pertinent information were made available so the girls did not need to take notes;
- the high quality of both the content and the manner in which it was presented. Beer's polished, upbeat and very often humorous presentation was as good as any motivational speaker I have seen;
- and the degree to which the students were engaged. In both seminars each of the 50 or so attendees would take the microphone and be interviewed. For the vast majority this was the first time standing up in front of an audience of any kind. Many of them were quite thoughtful in their responses while others were nearly paralyzed with fright, but clearly all benefited from the experience.

As I told the staff afterwards, I was impressed and at times moved by what I observed. I truly believe these trainings, as brief as they are, are so very important because they address some of the significant gaps in the Thai education system and relatively (compared to the West) uninvolved rural parenting. There are still tens of thousands of adolescent girls at hundreds of schools who could greatly benefit from exposure to these trainings.

From what I can see, there are a few challenges to the continued availability of these programs:

- **Budget** - Each year new funding must be sought, as the program is not fully funded at the start of each year. According to the staff, the costs of each training is about THB 18,000 per workshop. The foundation does not generate enough funds to support this program unless donors specifically choose to support it.
- **Logistics** - As suitable schools with adequate female student populations are exhausted in the areas nearest to the town of Ubon, the team must travel further into the countryside to conduct the trainings and then return to Ubon at the end of the day. This sometimes requires as much as 5 hours of driving in a day. This is done Monday through Friday for three grueling weeks.

To conclude, the staff of Pratthanadee has a lot to be proud of. I'm hoping that as word spreads about this program, it can attract more funding and be continuously developed and expanded in the future.

"I truly believe these trainings are so very important because they address some of the significant gaps in the Thai education system and relatively uninvolved rural parenting."



Meet our Students

Nan Win Nyo



My name is Nan Win Nyo, but some people call me Nana. At 11, I graduated from elementary school in my hometown Hpa-An, Myanmar. I wasn't able to continue my education as my parents couldn't afford the school fees, and so I dropped out. Two years later, at the age of 13, I made my way to Bangkok all by myself to look for work. For three days, I travelled via boat, truck, and on foot, crossing the mountain and river that bordered Thailand. The journey was scary and dangerous.

When I landed in Bangkok, I took whatever job I could find and was soon earning 2,000 THB (about \$70) a month working as a housekeeper. It was not a lot of money, but the worst part was I never felt that I was being treated as a human being. It was very demeaning. Sometimes when I think back to this period of my life, it still makes me cry. But worry not, this is a story with a happy ending.

I came to Pratthanadee Foundation in May 2019. Since then, my life has changed completely. Today I work in a beauty salon in Bangkok. My monthly salary is 14,000 THB (\$465) after a recent 8% raise. My English continues to get better and I've developed skills like planning for the future, negotiating with my boss for a raise, and protecting myself in risky situations. I'm now much more aware of my strengths, weaknesses and what makes me special.

I've been saving hard hoping that one day I'll be able to buy my own house in my hometown. It's also my dream to open a Thai restaurant in Myanmar so people can experience the best of both countries. I feel positive and confident on working towards these goals because of my ongoing training at Pratthanadee. Thank you for the life-changing experience!

"I'm now much more aware of my strengths, weaknesses and what makes me special."



Arriran Sonutha



My name is Arriran, but I'm known to most as Nun. My hometown is in Kalasin, in the northeast of Thailand. I've completed junior high school but didn't continue with my formal education because my family couldn't afford the school fees. So I helped out on the family farm until I decided to relocate to Bangkok at the age of 17 to look for work.

Since my move to the capital, I've worked as a nanny for nearly 20 years. I had always wanted to continue with my education but didn't have the opportunity until I discovered Pratthanadee Foundation and decided to enrol myself.

I joined Pratthanadee in 2016 as part of its first batch of students in the inaugural 'Better Me' program. During the course of the training, I learnt

how to save money, think efficiently and look after myself, thanks to workshops such as 'Claim Your Rights' and 'Planning For the Future.' My English language proficiency has also improved by leaps and bounds. I'm even teaching the children that I look after, simple English words and phrases! The skills upgrade was helpful in getting me a better job and more favorable working conditions. As a result, my salary increased from 13,000 THB (\$420) to 22,000 THB (\$725) a month!

My dream job is to be an administrative assistant. I long for the stability of a normal office job and routine, as that will give me more time to pursue my interests. While I hold on to the hope of that happening one day, I really want to thank Pratthanadee for supporting me all these years. I wouldn't be where I am today without your help!

"The skills upgrade was helpful in getting me a better job and more favorable working conditions."



Meet our Donors

Paul Dowling



How did you first find out about Pratthanadee and what attracted you to support them all these years?

When I arrived in Thailand nine years ago, I wanted to provide some financial support to a charity helping Thai people. When I began my online search, it was important to find an organization that was directly making an impact on Thai lives. I found Pratthanadee's website and a few days later walked into the foundation and introduced myself to the staff and discussed how I wanted to help. What really made my decision easy was not only the dedicated employees but having the opportunity to meet some of the students and hearing their stories on how Pratthanadee changed their lives. I thought that I would help for one year and move on to something else, but knowing and seeing this organization in action has kept me here for the last nine years. My only regret is that I wish I had found Pratthanadee sooner and that I had more to give.

What has impressed you most about the work the foundation is doing?

I am not sure words can accurately describe the impact that Pratthanadee, the staff and volunteer teachers have had on the lives of these women unless you visit the foundation. When the students attend their first couple of classes, they tend to be very shy, have little or no confidence and will not make eye contact, but come back 4-6 weeks later and you start to see the changes. They are happy, smiling and walking confident as they see a future with opportunities that previously didn't exist. That's IMPRESSIVE!

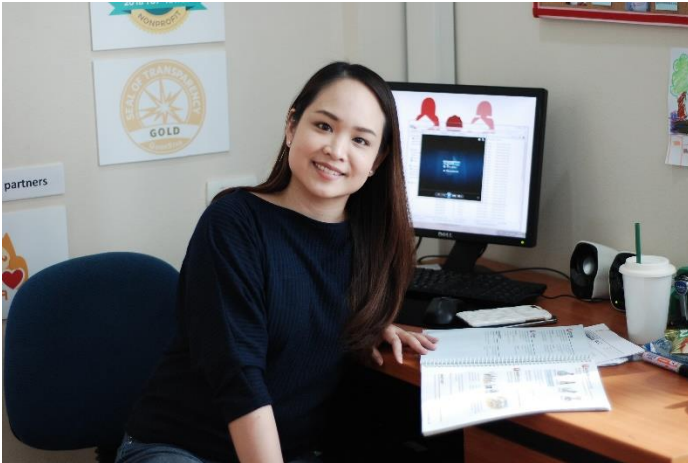
How would you describe the experience travelling with the team to see the fieldwork they do to help underprivileged girls in Ubon Ratchathani? What was your biggest takeaway?

I was blown away by the number of students that attended these programs and impressed to see so many teenage girls listen to the trainer without looking at their phones. You really must have their attention as we know how difficult it is to get kids away from their phone. The presentation, materials, workshops and program were run efficiently and professionally, so that kept everyone interested.



Meet our Volunteers

Kate Usvathongkul



classes.

What would you say to others thinking of volunteering?

I'd say go ahead and volunteer. The joy, the pride, and the fulfilment you would receive are more than words can describe. It has become the most valuable three-hour activity of the week for me.

Is there anything else you would like us to know?

I'm thankful for the Pratthanadee Foundation's initiative to improve women's lives and I'm grateful to have been given an opportunity to make this tiny difference - a small aspect that may improve the lives of others. What I've received and learned from volunteering as an English teacher at Pratthanadee Foundation outweighs any complaints that may have popped-up in my head during the past year. My time spent with the foundation has been absolutely worthwhile!

How long have you been volunteering at Pratthanadee Foundation?

I've been with the foundation for almost two years.

What is the best thing about it?

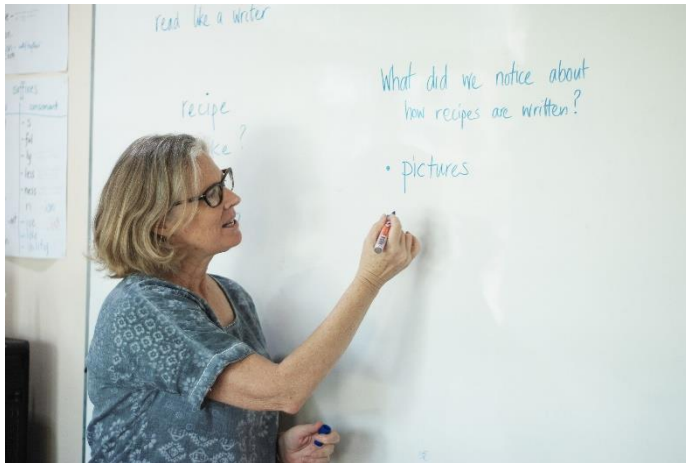
The best thing about volunteering here is that I was able to use my skills to help others to improve themselves. As I was applying for the volunteer position, I wanted to be useful or help others in some way. Now, once a week, I get to help my students learn English and with hopes that the lessons would help better their lives in one way or another.

How has it been different from your expectation?

I didn't expect as much enthusiasm for learning from my students and from the staff when they were working with the students. The positive vibes I received help fuel my commitment to teaching and seeing them grow as an English user is what I look forward to during my Sunday



Fiona Hamilton



How did you first find out about Pratthanadee and what attracted you to support them all these years?

I've been volunteering since June 2017, so it's been almost 2 1/2 years. I've been teaching some of the women the whole time so we know each other well by now!

What is the best thing about it?

I love the enthusiasm of the women I work with. I teach a class on Sunday mornings and for most of them it's their only day off work each week and they choose to spend it studying English. I think that's really impressive. They are eager students and try hard with all that we do. It's been lovely to watch their confidence blossom along with their English skills. Sometimes I bring in guests for conversation practice so they all get more time speaking English while listening to different accents.

How has it been different from your expectation?

Pratthanadee is a like family for the women. They welcome new students to our class and make plans to get together out of class time. They often go out for lunch together. I think it gives them not just life-skills but friendship too. That's heart-warming as Bangkok is a big city so it must be nice for them to feel so supported.

What would you say to others thinking of volunteering?

Do it! You'll get more from the experience than what you give so it is a double win. I leave every session feeling great because it's not just about teaching English but also about helping the women to feel good about themselves and to know they are capable and competent.

Is there anything else you would like us to know?

Everyone who works at Pratthanadee is fabulous! They are all very welcoming and friendly and help you out as much as they can. If you can't make some of your lessons they will get a substitute to fill in for you. It's a well-run and caring organisation. However, if you can't fit volunteering into your schedule at the moment then consider donating some money. We could really use more books for our English learners to practise reading!

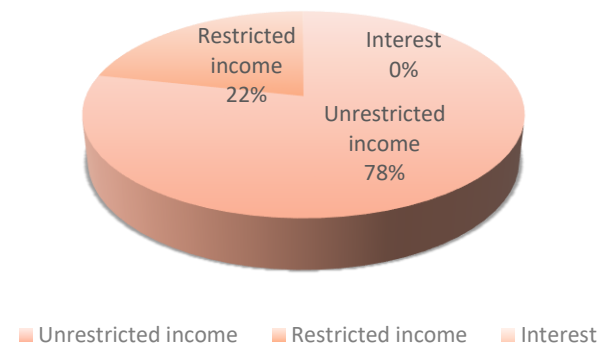


Financial Report (Oct 2018 – Sept 2019)

Breakdown of Income

Revenue	THB
Unrestricted Donations	฿ 3,036,845.95
Restricted Donations	฿ 833,743.29
Interest	฿ 2,511.22
Total	฿ 3,873,100.20

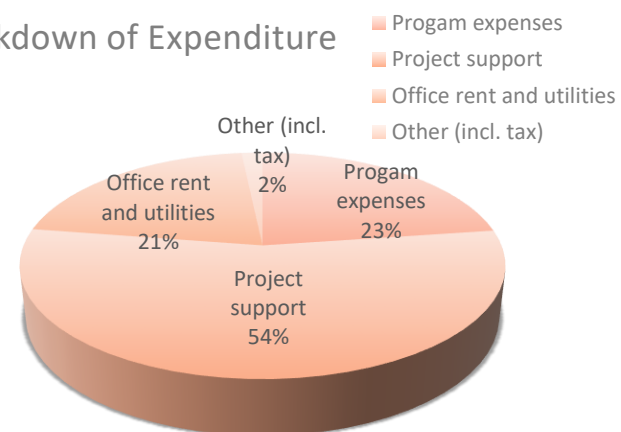
Breakdown of Income



Breakdown of Expenditure

Expenditure	THB
Project expenses	฿ 900,891.61
Project support	฿ 2,160,424.80
Office rent and utilities	฿ 826,305.53
Other (incl. tax)	฿ 65,715.74
Total	฿ 3,953,337.60

Breakdown of Expenditure



Key Supporters and Partners in 2019

Activity supported by the
Canada Fund for Local Initiatives

Activité réalisée avec l'appui du
Fonds canadien d'initiatives locales

Canada



Irish Aid

An Roinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade

ThaiBev



ธนาคารกสิกรไทย
KASIKORNBANK 泰华农民银行



SAHAPAT



Four15 Digital



socialgiver



Baker
McKenzie.



Meet the Pratthanadee Community

The Pratthanadee Foundation would like to express special thanks to the following volunteers, partners, friends, institutional donors and individual donors, whose support made a vital difference in 2019:

Anonymous donors	2nd Womxn -Up Charity Volleyball Tournament	Agence Française de Développement (AFD)	Alex Low
Alex Smith	Allen Cooper	Allyson Parzero	Amnarj Sukramani
Amparo Riosdavis	Ana Cuan	Angela Martin	Arbella and Ashley McCaul
Barry Dima	Beatriz Ayala Muñiz	Becca Acuna	Berin Fischer
Blake Martin	British Columbia International School Bangkok-BCISB	Bryan McCausland	Canada Fund for Local Initiatives
Claudio Caballero	Cole McCannon	Darin Phaovisaid	David Rooney
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Sonia Xenakis	St.Stephen's International School Khao Yai	Stephan Baumann	Sunil Patel
Sunita S.K	Susan Patterson	Swati Mitra	Tamsin Haigh
Timothy Ray	Todd Phillips	Tom Chalermkarnchana	Wanwirote Varophas
William Burnette	William Martin	การท่องเที่ยวแห่งประเทศไทย Tourism Authority of Thailand	คุณทิพย์รัตน์ จันศิริ
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While we have tried our best to ensure the listings are correct, we invite you to get in touch if you notice any errors or omissions.





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YouTube: Pratthanadee Foundation

Website: www.pratthanadee.org

We are a small team funded by donations.

We rely on your generosity to continue offering underprivileged women and girls the chance to build a better life.

Please consider joining us today by making a donation at www.pratthanadee.org/donatenow

or by getting in touch using the contact details above. Thank you.