

2020

**ALTO PERÚ
REPORT**

THE POWER TO CHANGE!

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1 PRESENTATION

Message from our Executive Director

For the past few years, I have felt great satisfaction with what we have achieved as an organization and as team. We have matured and, undoubtedly, this is evidenced in the impact that we have created with our projects and with our way of working as a team.

2020 has undoubtedly been the most difficult challenge we have ever faced. Since we are an organization based on on-the-ground-work, intervening the public space in the way it is used and through community life, the global context of COVID not only took us by surprise, but forced us to respond in an agile way to continue having a positive impact on the communities where we work.

We went on to design online sports sessions. WhatsApp groups became particularly relevant, and we had to face the closure of our sports venues the best way we could, so we would not interrupt our work with the boys, girls and youth participating in our programs.

We have learned and we have demanded a lot from ourselves. We did our best to adapt and respond the best we could to the difficulties of such a context. But above all, we have sought to create a culture of care within the team. There are two very simple reasons for this.

The first reason is that the circumstances have been stressful, uncertain, and demanding in every way. The second is that if we are not doing well, our work will not be well done.

We have overcome a very difficult year, and this has been largely thanks to the trust of our allies, but, above all, thanks to the wonderful team of committed people, who, day by day, work to make the impact of our organization a reality.

“The success of an intervention depends on the interior condition of the intervener.”

Bill O'Brien.



Matias Ballón

About us

*We are a group of professionals (psychologists, architects, engineers, designers, athletes) working hand in hand with the boys, girls, and neighbors **from Alto Peru and from other communities.***



**We have 2
impact programmes:**

COMMUNITY URBANISM

We facilitate transformation processes of public areas to strengthen social cohesion and to develop citizenship. We boost the local resources and capabilities through a joint vision and teamwork.



SPORT FOR DEVELOPMENT

We use sports as a vehicle for personal and social transformation. Our methodology promotes both physical and mental health. Sports are a catalyst for change which, when used for educational purposes, promote values, capacities and abilities which are essential for life and personal development.



2

**DISTANCED
BUT UNITED:
COVID 2020**



2020 was marked by one of the greatest challenges we have had: a global pandemic which forced us to pause, adapt and find the best way to continue delivering our programs.

As a team, we had to face these new challenges, always with the motto: “Let’s take care of ourselves to take care of others”. We suspended the activities of our community gym and postponed the Surf Therapy program, respecting the government measures and the context of a health crisis.

While the first few months meant a total interruption of our programs, we managed to take advantage of this time to work on the strategy for the next two years in greater detail, considering the new circumstances. Throughout the year, and since we needed to provide continuity to the sports programs and to our routines, we adapted to respond responsibly to this new scenario.



We visited homes and maintained our WhatsApp groups active with our participants and the beneficiary families from the neighborhood. Also, we went from working out at the gym to going out for a run in El Morro Solar and training in open areas, respecting social distancing and all the COVID protocols.

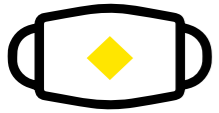
Gradually, we adapted and followed the COVID protocols of the government, such as measuring body temperature, sanitizing our materials before and after every use, hand washing, reducing capacity, etc. Also, we were able to distribute essentials to families of Alto Peru and young community leaders.



278

Baskets

Containing essential items for families from the Alto Peru neighborhood, for the families of the project participants (Muay Thai and Surf Therapy) and for project facilitators (Muay Thai and Surf Team).



500

Mask

Distributed among the people from the Alto Perú neighborhood.



Video Attached:

https://www.youtube.com/watch?v=97BOE4kkmvo&ab_channel=AltoPeru

<https://www.instagram.com/p/CKhhQdWn3YP/?igshid=1t0ht7tt5o2ea>

We stay strong and connected

At ALTO, we believe that being in touch with nature promotes well-being and mental health. The health emergency context and the restrictions to go play outdoors and use public areas (such as the beach) constitute a difficult scenario which limits possibilities for people, especially for those who cannot go out of town.

Considering the difficulties we have had throughout 2020, we saw the need of using other tools to provide continuity to our service, aimed at promoting health and wellness. As an organization, we bet on staying united and using technology to, at least, maintain the bond with the children and to continue to promote physical activity and the development of skills to cope with stress.



3

SPORTS FOR DEVELOPMENT



Surf Therapy

This methodology has proven to be beneficial for all ages and it also has a positive impact on groups who face particular challenges. It has proven benefits in physical health, mental health, well-being related to confidence, self-esteem, personal empowerment, resilience, social skills among others.

For more information visit :

<https://intlsurftherapy.org/>





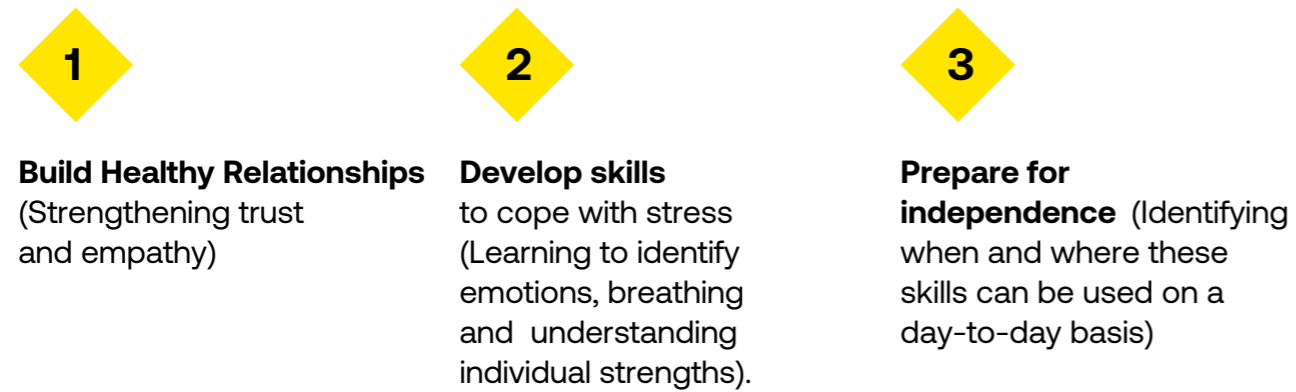
+ **Improves**
quality of life

█ **Reduce**
the costs associated with
future preventable diseases

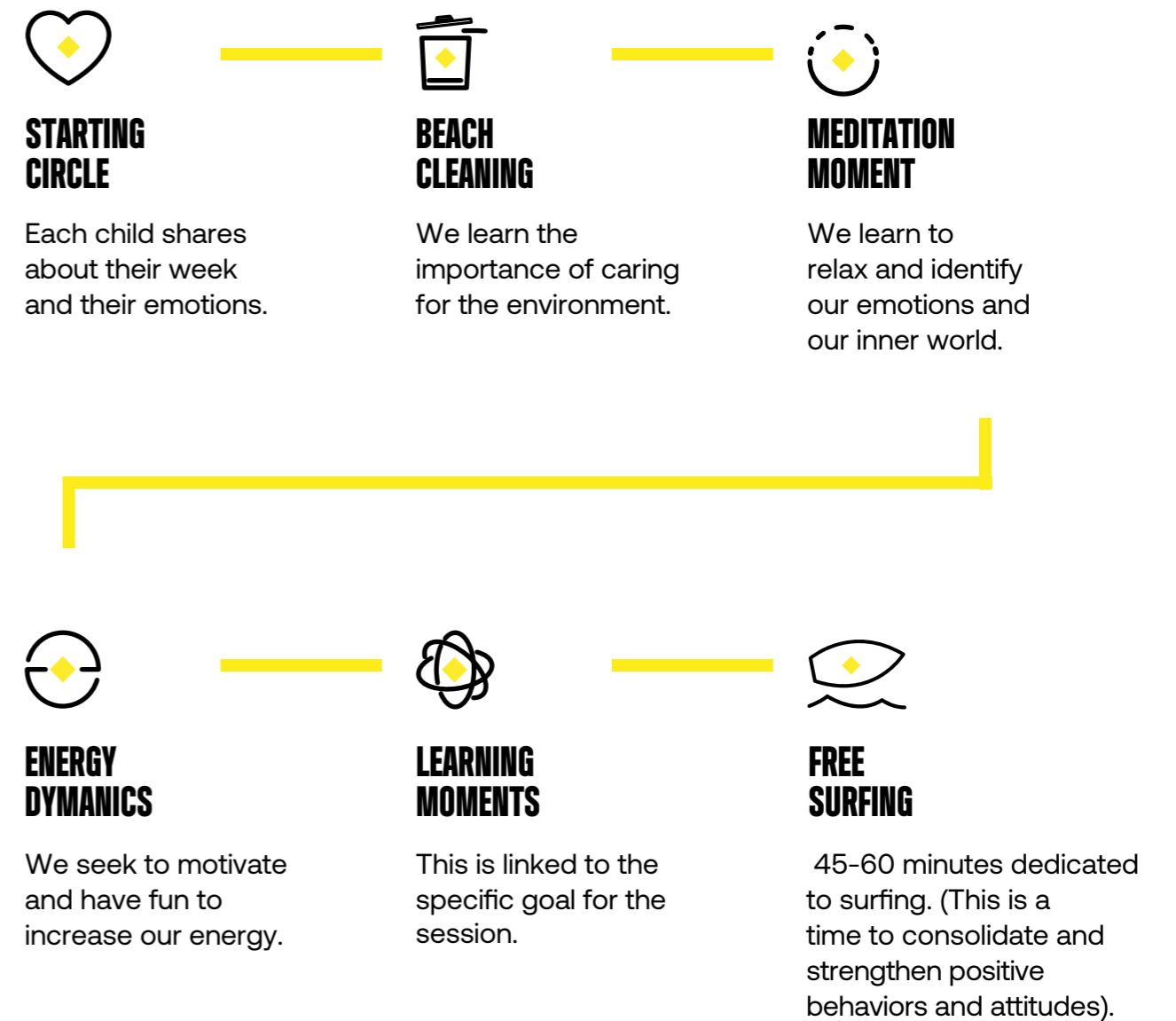
Surf Therapy: Our methodology

At Alto, this intervention can last at least two months. Each session focuses on a specific goal within the structure of the program.

DESIGNED IN 3 STAGES:



The sessions have 6 moments:



PROGRAM PARTICIPANTS



The program had to be stopped due to the COVID – 19 health crisis. However, we were able to work for 7 months.



89 boys, girls and adolescents, **between 8 - 14 years old.**



From the district of Chorrillos:
San Genaro, Pacífico, Alto Perú.



A large majority of our participants are in a situation of social risk, **exposed to contexts of violence, crime, drugs** and few opportunities to thrive.



66% of our participants have seen someone being attacked, stabbed or shot.



46% of the children who attended the program have gone to the doctor, hospital or healthcare center due to domestic violence.

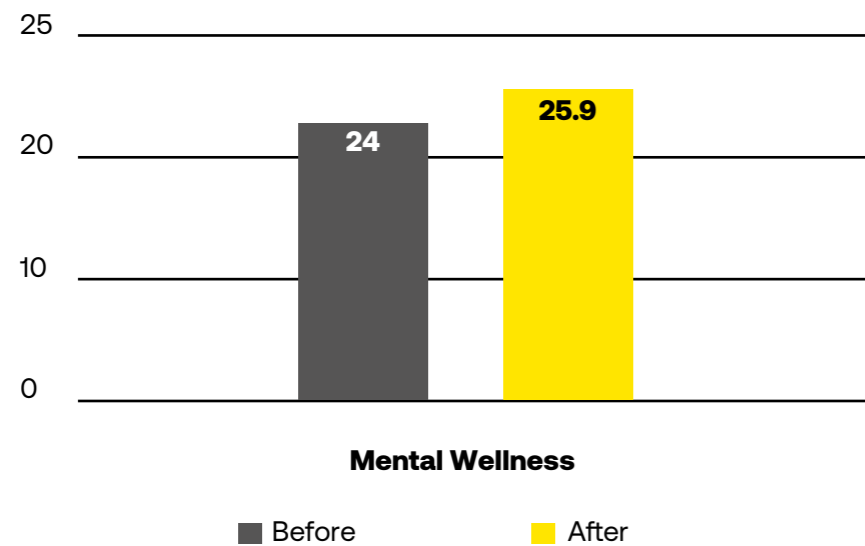


Program results

Our Impact

The design of our impact measurement is based on the pre and post application of 3 tests. Due to the pandemic, we could only evaluate 7 months of our intervention.

Mental Wellness

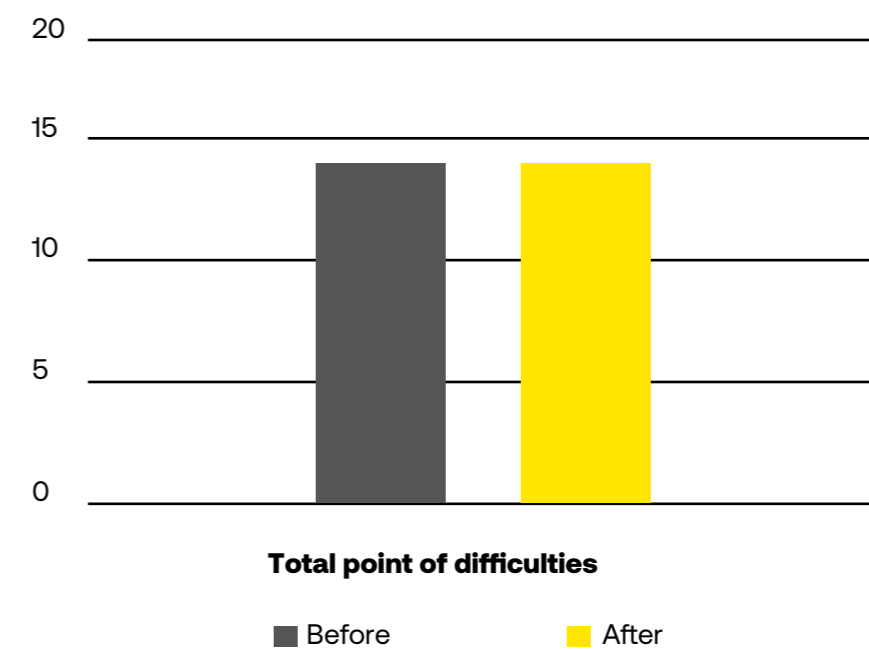


Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

We used this instrument to measure the extent of our impact on the mental well-being of our participants. The results showed that the levels of well-being increased from 24 points to 25.9 in our entire group.

Strengths and Difficulties Questionnaire (SDQ)

This tool evaluates different emotional and behavioral areas in children and adolescents. In addition, the SDQ is used in different fields such as clinical, social and educational interventions, and it has also been adapted for different cultural realities around the world.



In our intervention, and after 7 months of work, the results reflected that the area of difficulties dropped slightly from 18.5 to 18.3, which indicates that there was a decrease in “problem” behaviors. The prosocial section of the SDQ evidenced that our group slightly increased their availability to share and help others.

Perception of the program

This is a test developed by the Wave 4 Change alliance to be able identify how participants perceive and feel about the space provided by Surf Therapy

Words associated with Surf Therapy

Before the program

Waves
Boards
Swimming
Boat

After the program

Relaxation
Being happy
Learning
Fun
Hapiness
Mental Wellbeing





Testimonials from the participants' parents

"I notice that she is more tolerant and reflects more about the disagreements that come up day by day."



**"I like the companions, the environment ...
they create a welcoming, friendly
and respectful space."**



**"I like the dynamics, the respect
for the environment,
learning in the sea, the care "**

High Performance Center

The HIGH performance center, also known as the Community Gym, is located in Alto Perú, Chorrillos.

The sports and activities at the Center are aimed mainly at children, girls and youth from the district of Chorrillos, who are exposed to harsh environments which do not promote proper development. However, we also have clients who train with us in exchange for a monthly payment. This way, they help us continue to create a positive impact on the community. The center represents a safe space in the neighborhood, with rules and values that we build together.



In addition, this space is an alternative for education and training for most of our young people. It is a place which encourages them to develop their full potential.

Our participants are trained as athletes and, through their practice, they develop virtues such as effort, companionship, perseverance, resilience among other positive features.

With our sports activities, we seek to reduce the percentage of young people, children who are affected by, or have been persuaded to engage in illegal activities such as drug dealing and criminality, among others.

Muay Thai

For 7 years, our Muay Thai school has been training children and young people of Chorrillos in values. Today, we have world champions, Pan-American champions and national champions. Furthermore, some of our students become teachers and have been able to build a life project both inside and outside our organization.

We have 2 groups who practice this discipline: The Pro Fighters group and the Amateur group. The instructors are part of the Pro Fighters group. They have greater responsibilities as role models for the younger boys and girls.



Pro Fighters

This is a group for those who have chosen to be instructors and are part of ALTO's Muay Thai competitive team in national and international competitions. Their training is more demanding physically and their responsibilities include facility management and facilitation of sports.

This is a group for those who have chosen to be instructors and are part of ALTO's Muay Thai competitive team in national and international competitions. Their training is more demanding physically and their responsibilities include facility management and facilitation of sports programs for children and youth programs for children and youth.

To access this group, not only a good sporting performance is necessary, but also the discipline and the values to be part of this group of positive role models. This is how we create a learning chain where everyone wins.

This group of young people also develops a career line within the organization. They accumulate experience which will help them to train for the future. Our students enjoy the space provided by Muay Thai through the classes facilitated by the instructors (fighters).

Amateur Group (Social Muay Thai):

This group participates for free. These are boys, girls and young people between the ages of 7 and 17 who do not have the resources to pay for formal training in this discipline

Social Muay Thai in 2020

January:
22 people

February:
35 people



Muay Thai Clients Group:

This group signs up for our classes and makes a financial contribution. They are a crucial part of the community and help us to fund the work with the beneficiary students.

Muay Thai Clients in 2020

January:
57 people

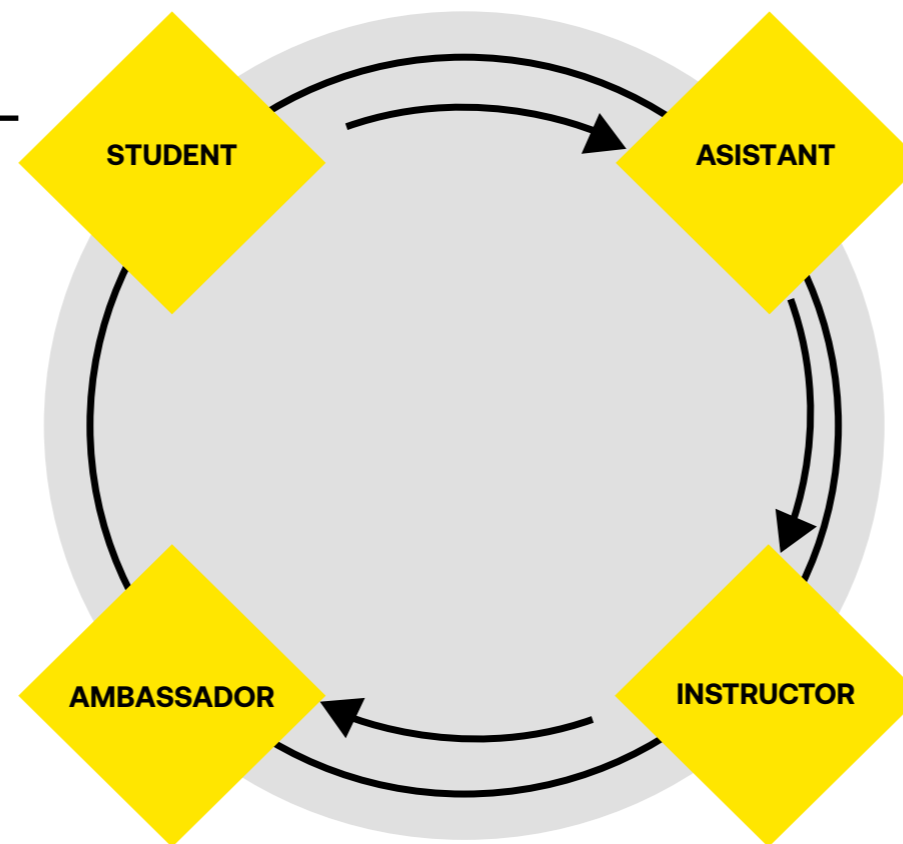
February:
40 people



Alto Mentors Methodology: Virtuous circle

Our Sports for Development interventions focus on what we call the "Virtuous Circle". This approach allows us to achieve sustainability for our intervention proposal, developing an achievement-oriented culture among the participants. By having the possibility of becoming instructors and positive role models for the community, this path promotes employability and the emergence of change agents.

Like any child or young person, the participants come to have fun and learn a sport. If they show commitment, they become assistants. They acquire additional responsibilities supporting the instructors. Those who become instructors do so thanks to the discipline and commitment they put into the classes.



All the instructors who work with us were first students of the Muay Thai school and went through internal and external training. Once they have become instructors, they also become ambassadors of our values. An ambassador embodies the values of ALTO and is an example for the youngest in the neighborhood or for anyone with whom they have contact in their daily lives.

The impact made on each girl, boy or adolescent affects the entire community since the younger they start practicing sports, the more leaders and change agents will exist and it will be possible to gradually change the negative characteristics of their neighborhoods or communities.

Alto Muay Thai 2020

As in our Surf program, all of the classes had to stop due to the pandemic. These are some figures that reflect the period before the pandemic:

January 2020:

124 people

30%

women

25 clases

per week

February 2020:

121 people

5 clases

per day

100 clases

per month

As the year progressed, we decided to continue the classes but to do it online with the people who learned with us before the quarantine.



Connectivity was a challenge with some of our participants, we worked from a WhatsApp group with some of them.

The classes were distributed among the facilitators to be able to teach in this format in the morning, afternoon, and evening hours. Adapting our methodology and coordinating both the team and the participants was a new exercise for us, but we were able to achieve this goal.

Online Alto Muay Thai

When the pandemic began, there was a need to move sports programs to an online setting. We adapted our functional training and Muay Thai classes to new platforms that would allow us to provide continuity and keeping our participants and clients interested in practicing sports.

Since these are uncertain times and we understand the need to provide spaces that contribute to mental health, we are in the process of designing a new methodology called Online Sports Therapy.

This is a space where we will adapt our Sports for Development methodology to an online setting. The idea is to create a safe space for meditation, sports and games with check-in / check-out times to continue contributing to the mental and physical health of our participants.

Zoom Classes



TESTIMONIALS FROM OUR PARTICIPANTS





“The progress Elsa has made in 4 months is amazing, she is a much more confident girl now. The truth is that I am very proud of her.”

A MOM FROM THE ALTO PERU GYM



“(Muay) Thai helped me a lot to control myself. I was a very irascible person, I was very angry. I even had fits of rage at times because I could not control myself. But with (Muay) Thai, it's like I know there are things that are going to bother me, which I know I cannot control, and it's like I don't react so impulsively anymore.”

MUAY THAI FIGHTER

Our Sports For Development Facilitators:

Sustainable learning both in sport and values

Both our Surf Therapy and Muay Thai facilitators constitute the core of any Sports for Development program.

At ALTO, we have a team of responsible and passionate young guides who provide a safe environment for the participants. They interact directly and have an impact on the participants. Therefore, their training is essential.

Although our Sports for Development program has limited resources, it still makes a lasting impact thanks to the team of facilitators, who have been adequately trained to work with children, promoting their mental health. Conversely, a program can have the most current tools and an evidence-based curriculum structure and still struggle to make an impact if they don't have top-quality coaches.

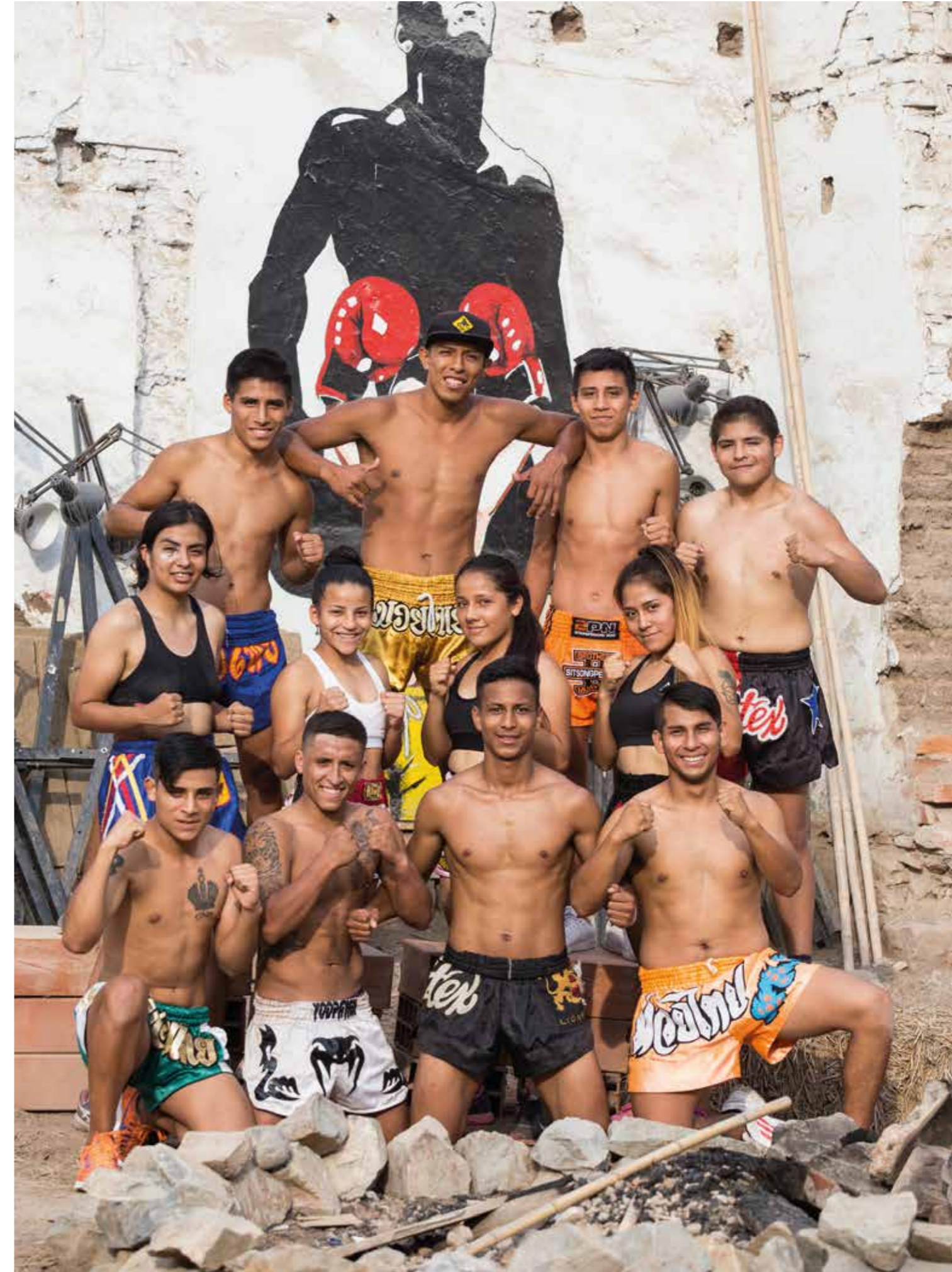


Surf Therapy Facilitators

Their main role is to create an environment of psychological safety and emotional containment, positively reinforcing desired behaviors and building on the confidence of the participants. In addition to surfing, our facilitators are committed and follow the progress of each child closely.

High Performance Center Facilitators

Our team of facilitators is responsible for providing fun and attractive classes which challenge the student to reach their full potential. In addition to passing on the teachings of the discipline, they promote values and behaviors necessary not only inside the ring but in our daily life. Being part of the ALTO team means sharing the values of our organization and being positive role models who can be followed by children and teenagers of the community.



Stories to tell



At ALTO, I met many people who went through worse things than I did, and yet they moved on with their lives. That inspired me and helped me see the positive side of things. I stopped feeling ashamed of making mistakes and I learned to learn from them with the support of other people. In truth, Alto Peru became my family, and they are part of my life, I cannot imagine what would have become of me if I hadn't come here.

Johaira Aldazabal
Sports Facilitator and Architect



Alto Peru is a family where we all take care of each other. I like it because of the people, the neighborhood and the things we do.

Elías Aguirre

Sports Facilitator and a member of the Impact Measurement Team

4



COMMUNITY URBANISM

“We connect those who know with those who know”

The project of the "S"

The main objective of this area reclamation project was to transform an area used as a trash dump into a recreational area for the youngest of the community, who habitually used the track to play. The project was implemented in the ascent of Morro Solar, in the highest area from Alto Perú, which is currently known as "Los Guardianes del Morro"

The project has been very relevant because it is the first experience working from the beginning in coordination with the Municipality of Chorrillos and the Ministry of Culture, since the area of intervention is located within the perimeter of Morro Solar, considered a cultural heritage. You can read more in this [article](#).



The Community Gym became the headquarters of this project. Since it was not operating as a gym, it became a community workshop for carpentry and design. Meanwhile, the Muay Thai team helped to move materials and to clean the land which would become a recreational area.

Finally, after lots of excitement and hard work of everyone involved, a safe space was created which had the essence of Alto Peru. The space was quickly adopted by the neighbors, as they realized that their children would be able to have fun outdoors safely.

The construction included the following:

- A small-scale soccer field (40 m²)
- Green areas (10 m²)
- Playgrounds designed for infants (20 m²)
- Hand-washing and sanitation station



5

IMPACT
CONSULTING

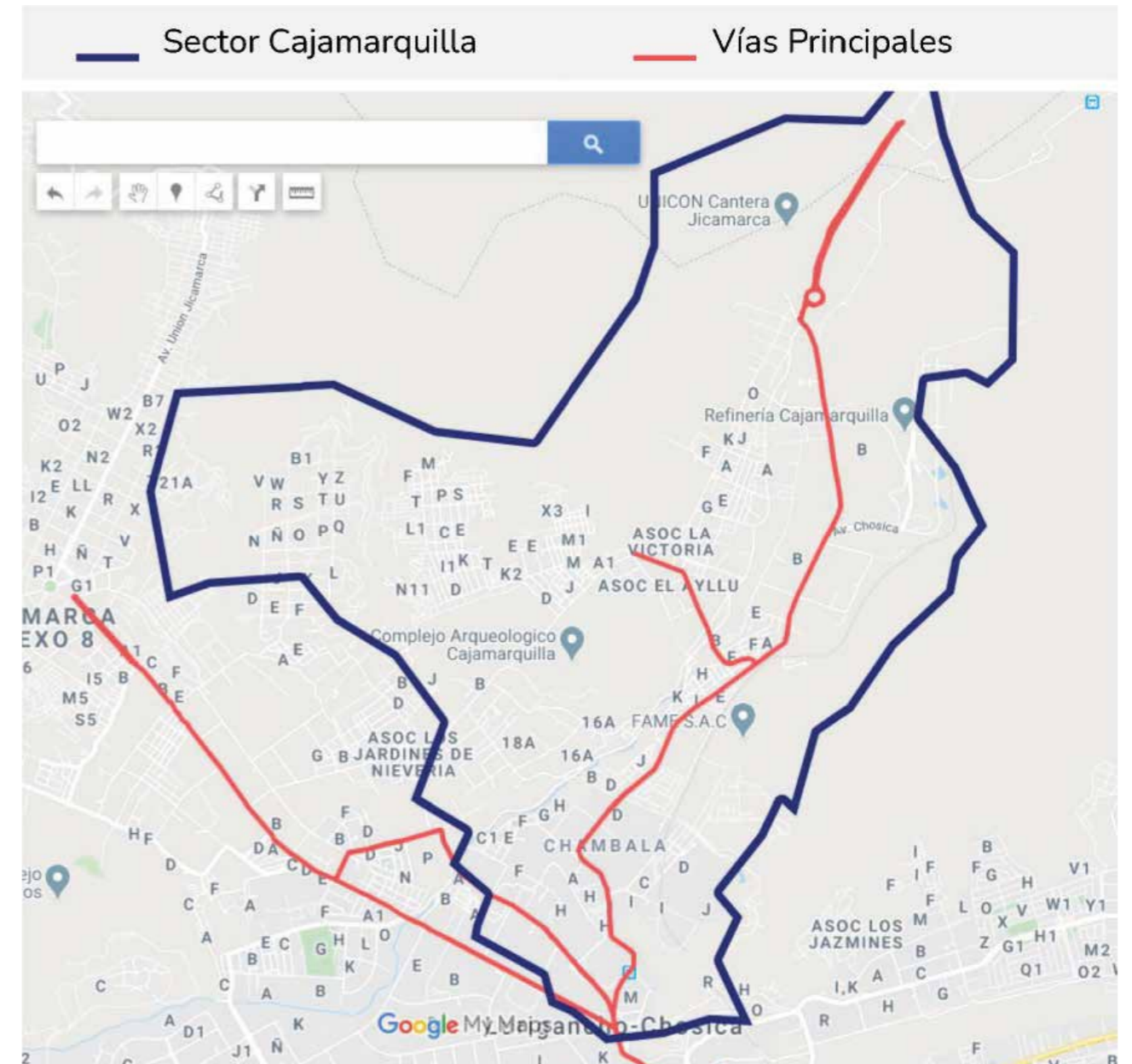


Protagonism of young people from Cajamarquilla

Since March, we have been working in the community of Villa Leticia, located in Cajamarquilla, in the district of San Juan de Lurigancho. We joined as strategic partners of Nexa Resources, designing and implementing a program aimed at promoting the importance of young people as agents of change and leaders of their community.

To achieve this, we brought in our Sports for Development and our Community Urbanism methodologies, offering a comprehensive approach to leadership and community life.

Thus, we are working to reduce the social vulnerability of children and teens creating safe spaces for their comprehensive development, while contributing with strengthening and developing the leadership and the protagonism of youth.



We collected and studied data from Cajamarquilla. We identify the most important characteristics of their geography, road structure, land use and demography.

Project Timeline

The project, in addition to having ambitious objectives, has been framed in the scenario of the pandemic.

In this sense, our methodologies have been implemented digitally almost in their entirety, which represented a great challenge considering that this was a community where we had just entered. Our progress is represented in the graph.

Immersion: May 15 to August 15, 2020

Phase 1: August 17 to December 24, 2020

EXPLORATION

An introductory stage allowed us to get to know each other and develop relationships. We became acquainted with the community through meetings to identify strengths and needs. This happened within a framework of reciprocal activities of both the team and the community, through sports, play and exploration. It was not a passive research process, but a space where we began to propose activities and agreements.

- 34** young people participating
- 8** leaders interviewed
- 4** meetings with the community

Through phone calls, WhatsApp groups, group meetings in Zoom, community history creation and Facebook groups we managed to get acquainted with various stakeholders and community groups.

TRUST

This stage began with trust since we already knew each other. An abundance mapping began in the community to identify allies and potentials.

Here, we focused on our transformation program for change agents, which comprised the holistic axes integrating Sport for Development, Community Seal and Tactical Urbanism.

- 88** young people were registered
- 24** young people agreed to participate in the project
- 65%** women **35%** men
- between **13 a 28** years old

Phase 2: In progress

CONSOLIDATION

We consolidate the transformation. We will start a process to achieve sustainability and to maintain the changes. The idea is that the community itself does not need an external agent, but that they can empower themselves through leaders and change agents to meet the challenges of their community.



Comments

Some comments from young people during the process.

"I liked the learning style of this class, the exercises and everything else".

"For me, this is something new, I find it interesting, I had stopped doing things to take care of the household, this is a time for me. I quite liked it. "

"Sports and public areas can help reduce the difficulties we have because they keep young people away from drugs and the people who use them. "





"The project brings us closer to other people in the community and allows us to make good friends. that way we can reduce everything we have put on paper (referring to the post-its) "

"I liked the way I got to relax, the way of breathing, I hadn't practiced it before".

Research and communication to reduce anemia in Barrios Altos

In partnership with the Bernard VanLeer Foundation and the Center for Communication Programs for Social Change of the Johns Hopkins Institute, we worked hand in hand with the Metropolitan Municipality of Lima (MML) to carry out a formative research process aimed at understanding the different barriers perceived by MML staff to fight and reduce childhood anemia in a town in Lima

With the results of this preliminary stage, a nutritional research project was developed in which we could identify the practices and behaviors of mothers and caregivers of toddlers of less than two years old in Barrios Altos.

As in every project of 2020, we had to adapt the initial methodology due to the circumstances, so we learned that challenges can turn into opportunities, at least in this research process.



Using user-centered design techniques, we transformed challenges into design opportunities, and 4 routes emerged to carry out the research process. Two of them were chosen because they were the most relevant. One particular characteristic of the process is that we decided to use WhatsApp as a communication channel, based on the findings and the circumstances.

Route 1

Sending graphic content to the caregivers, so they can remember to enrich their babies' food in a fun way.

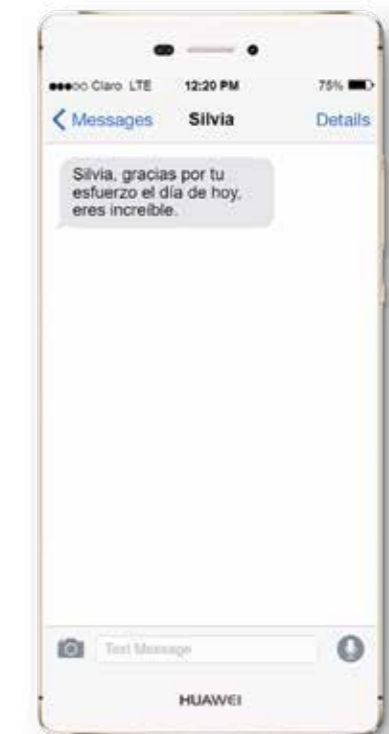


Route 2

"Creating Links" implied sending customized messages to their networks to motivate and support them throughout their day.

The results obtained from this process showed that it is important to pay attention to the characteristics of people when trying to communicate with caregivers since their gender and their personality could influence on how they receive the messages.

Beyond the content of the message or its design, qualities such as empathy, warmth and genuine concern contributed a lot to reach the caregivers in the town of Lima.



Toolkit: Walking Routes

This was a joint project among the Municipality of Lima, Urban 95 and our organization to create a manual or toolkit offering tools to guide community leaders who wish to promote that their territories, routes or roads take babies, girls, boys and their families into consideration. This whole process was developed taking into account the relationship between this group and the public areas.

The idea came up because there is a need to rediscover the city and its areas to attain an overall state of inclusive well-being. This manual proposed designs of public areas for toddlers, girls, boys and their caregivers to walk and move about through nearby and short-distance paths, under a logic which provides them with pleasant experiences and allows them to walk safely and freely.

The toolkit can be found in the following [link](#)



Toolkit: Calmness Zone

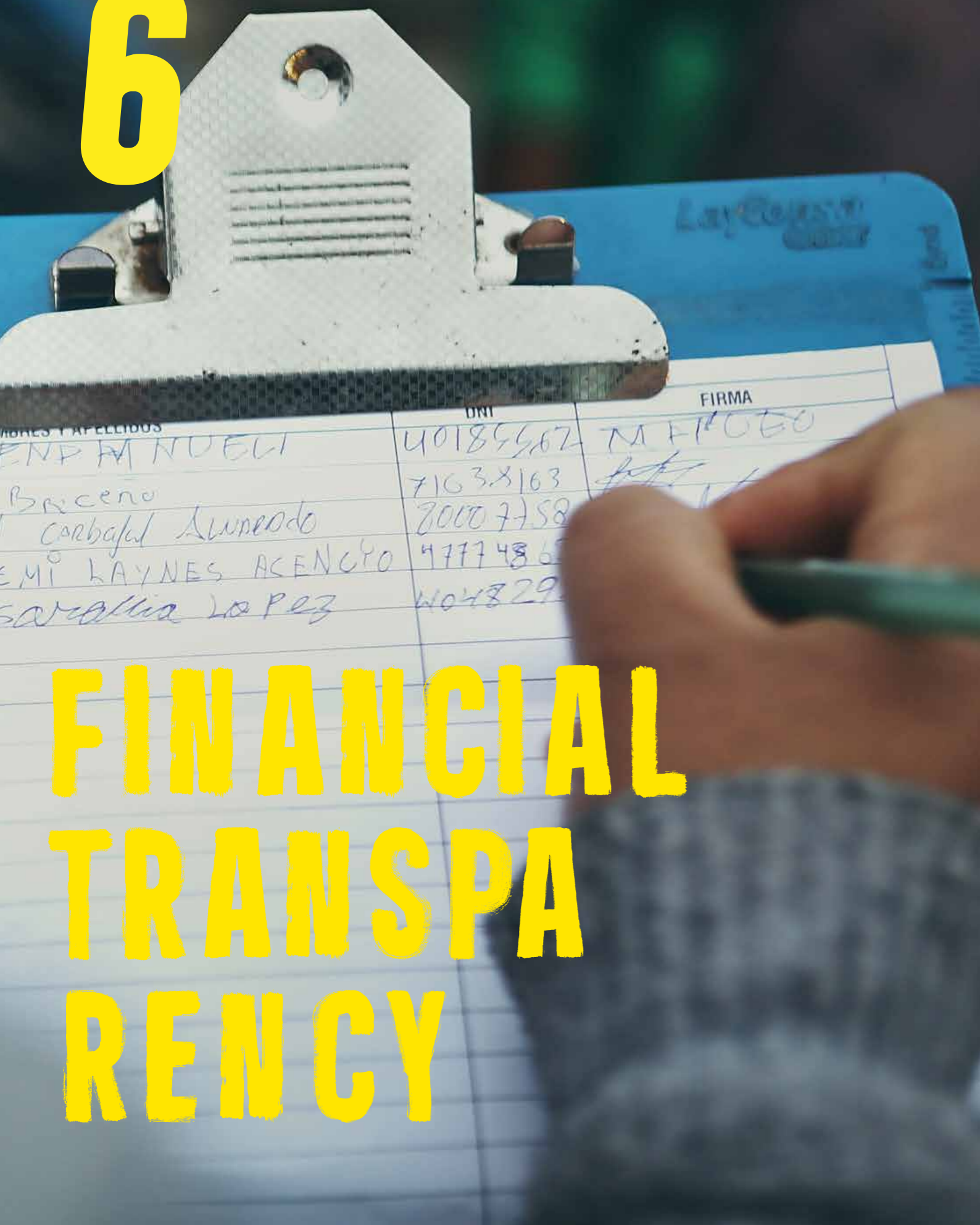
Like with Walking Routes, this project was a joint effort among the Municipality of Lima, Urban 95 and our team to create a manual or toolkit which would allow leaders or officials to have tools to create public areas which take the youngest of the house into account. This is how the idea of a “Calmness zone” came up, where toddlers, boys and girls can develop, play, and socialize in the company of their families or caregivers.

A "Calmness zone" consists of a public area which promotes early development of children (more exploration, more free play and physical activity) and also promotes the well-being their caregivers (Higher perception of safety, less stress, less isolation). The toolkit has tools to select criteria of choice, such as contact with families, diagnosis of the area, a menu of transformations and evaluation of the process.

You can find all the details about this guideline in the following [link](#)



6



FINANCIAL TRANSPARENCY

Financial transparency

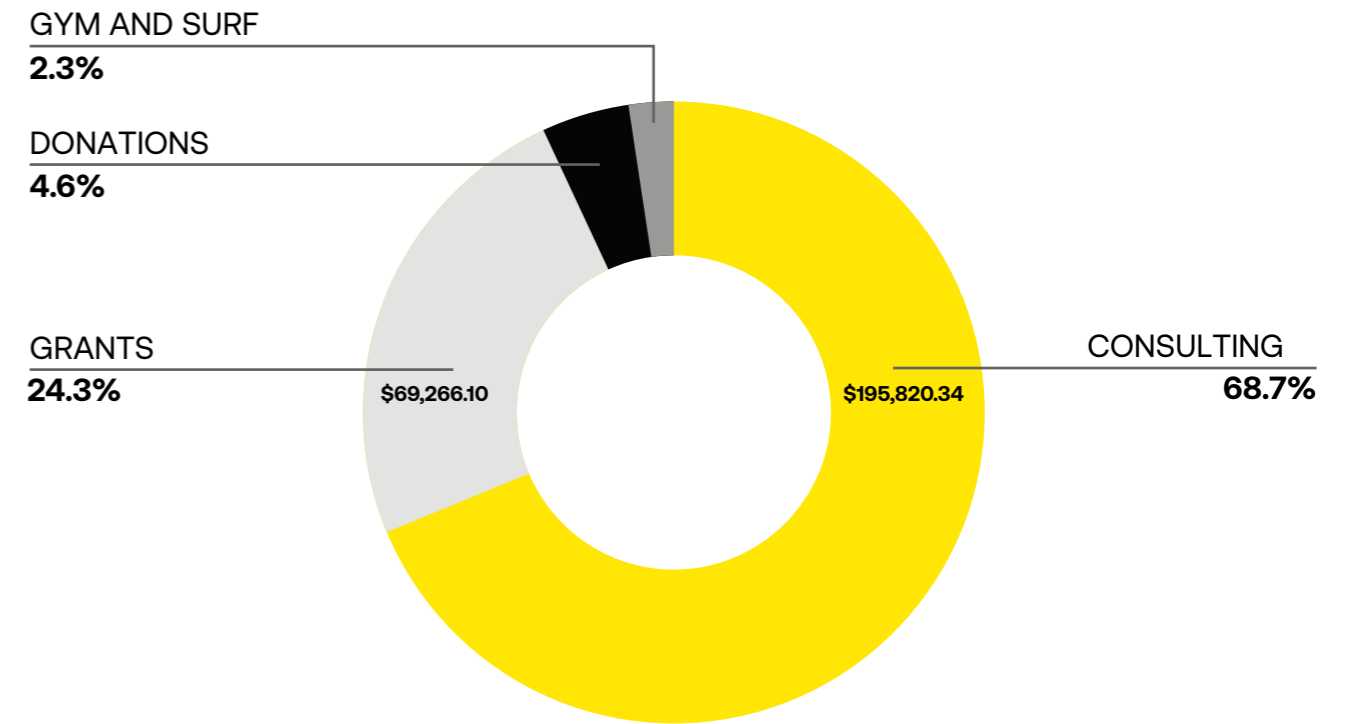
ALTO makes sure we have our accounts clear regarding the costs and the management of all our projects.



Out of every **dollar** coming to ALTO **0,89** are used to generate impact

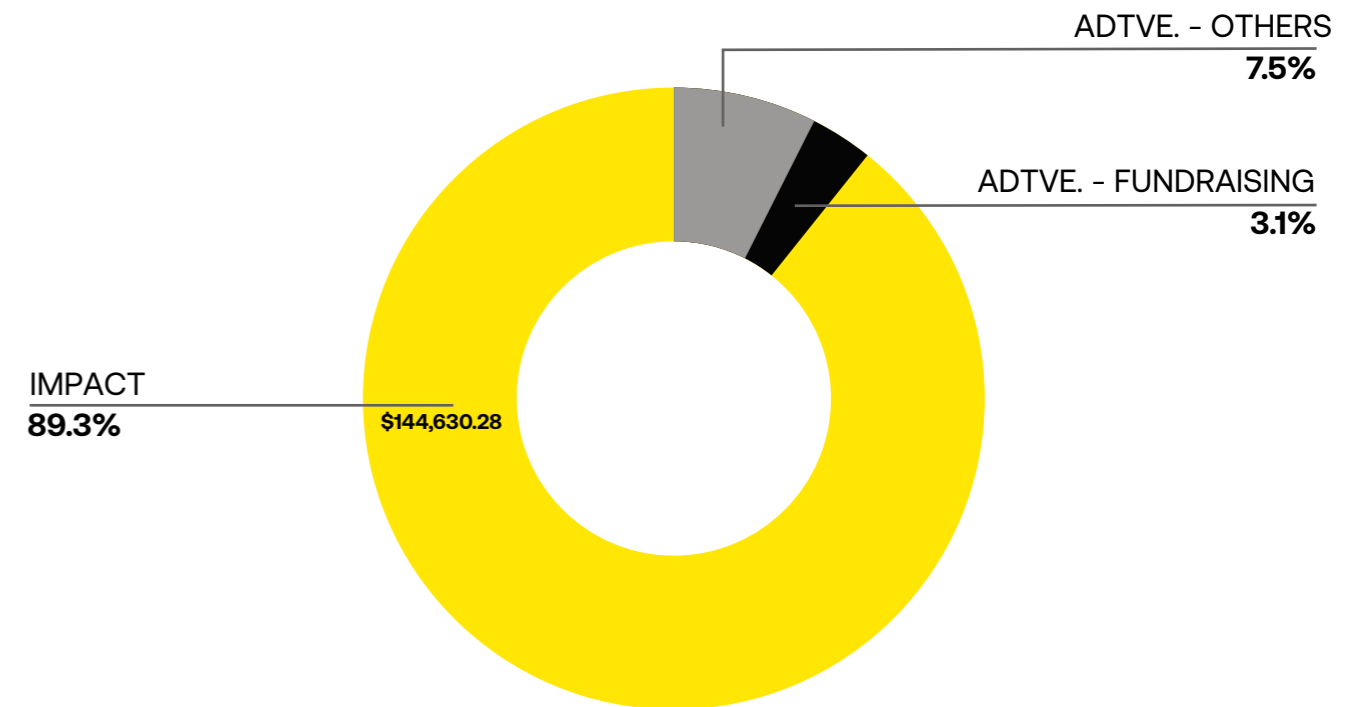
REVENUE

	PEN	USD	%
CONSULTING	704,953.22	195,820.34	68.7%
GRANTS	249,357.95	69,266.10	24.3%
DONATIONS	47,667.00	13,240.83	4.6%
GYM AND SURF	23,665.00	6,573.61	2.3%
TOTAL	1,025,643.17	284,900.88	



EXPENSES

	PEN	USD	%
ADMINISTRATIVE - OTHERS	43,977.00	12,215.83	7.5%
ADMINISTRATIVE - FUNDRAISING	18,320.00	5,088.89	3.1%
IMPACT	520,669.00	144,630.28	89.3%
TOTAL	582,966.00	161,935.00	



7

**NEW
IMPACT
ALLIANCES**



NEW IMPACTFUL ALLIANCES



Wave alliance

Wave alliance: The Wave Alliance brings together organizations dedicated to promoting mental health using surf as a therapeutic tool. ALTO is part of this alliance since 2019, after sharing knowledge in Cape Town in two-week long intensive workshop.

The focus of this alliance is the creation of the collective impact. Since 2020, there are more than 15 organizations from all over the world (Costa Rica, Somalia, Ghana, Argentina, Trinidad and Tobago, South Africa, etc.) using the same tools to produce evidence, share learnings and develop knowledge promoting mental health. Starting this year, we are happy to take over the role of leading the work of the alliance in the region.

International Surf Therapy Organization (ISTO)

Following the same objectives as with the Wave Alliance, we joined the ISTO to be part of a global network of organizations at the forefront in generating evidence about the impact of our work with surfing.

Heurística

Since mid-2020 we started an alliance with the renowned behavioral sciences consultancy. In this case, interest revolves around the application of behavioral sciences in public areas to promote well-being and community development.

We are working on two projects together and we hope to make them known during 2021

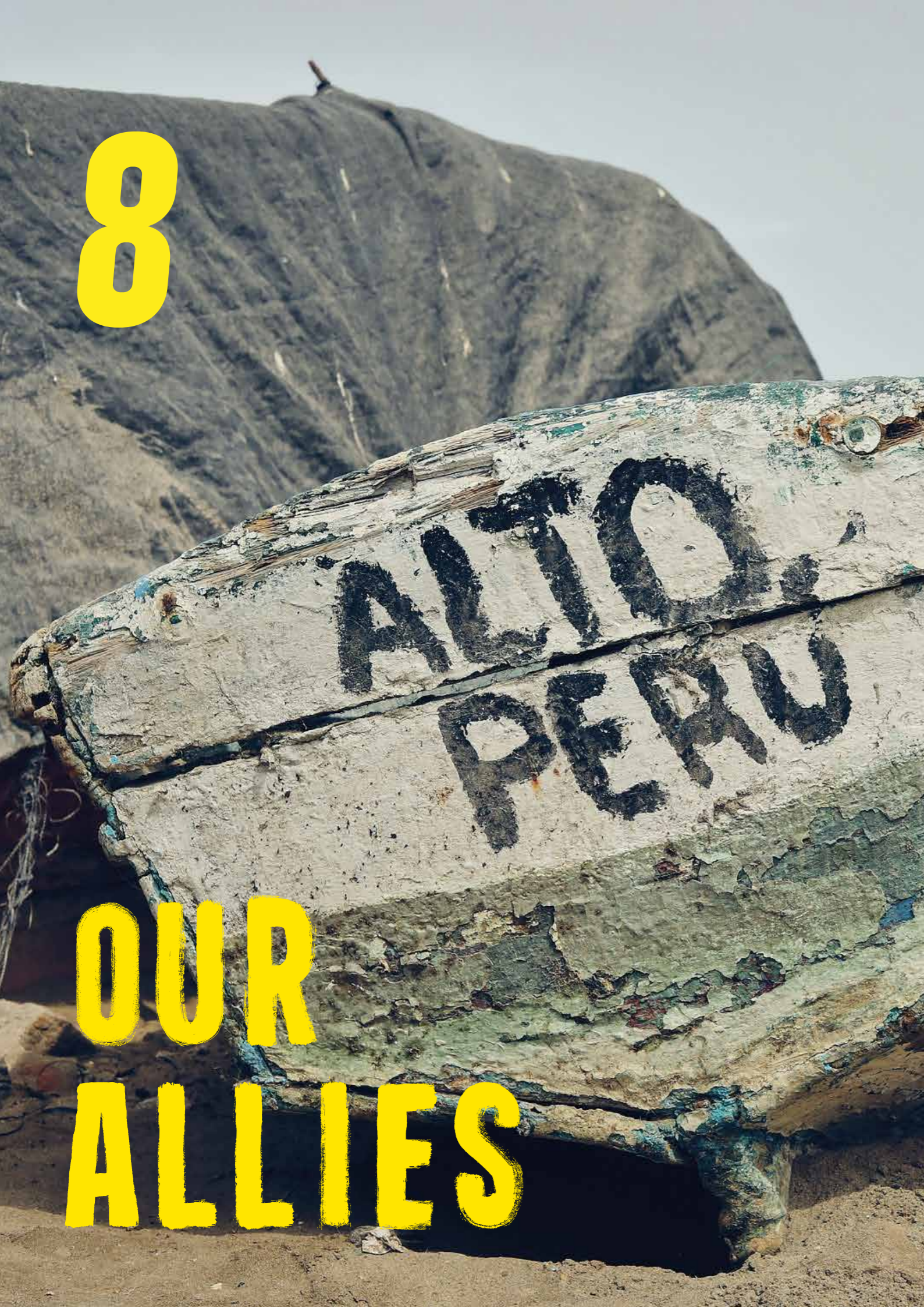
Université du Québec à Montréal (UQAM)

At the end of 2020, we started a project in collaboration with UQAM where a research team from the university will focus its efforts on the systematization of methodologies of social inclusion in Peru, Brazil and Canada.

Thus, a space for exchange of knowledge and systematization of methodologies has been created under the theoretical framework of the "social technologies". The results of this work will start to take shape during 2021.

8

OUR ALLIES



Our Allies



since 2014



since 2017



desde 2017



since 2017



since 2018



since 2019



since 2019



since 2019



since 2019



since 2019



since 2019



since 2019



since 2019



since 2020



since 2020

Contact:

Web www.altoperu.org
Facebook [@proyectoaltoperu](https://www.facebook.com/proyectoaltoperu)
Youtube [Alto Peru](https://www.youtube.com/AltoPeru)
Instagram [@altoperu](https://www.instagram.com/altoperu)
Mail info@altoperu.org





ALTO PERÚ
2020