

Mariapolis Piero, Feb 14th 2024

To
Dr. Marcus König
Chairman, Marcus Malkut Stiftung
Städtle 28
FL-9490 Vaduz
Via E-Mail: Marcus.Koenig@marcusmalkut.li

EMPOWERED TO CARE
Teens Supporting Peers- A Peer Education Project

First Interim Report – May 2023- Dec 2023



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Bank Accounts at NCBA Bank Plc, Thika Road Mall Branch, Nairobi, Kenya. SWIFT-Code SWIFT: CBAFKENX
Kenyan Shillings-Account: Name: "Opus Mariae – Projects KES"; Number: 6490260113
Euro-Account: Name "Opus Mariae – Projects EUR"; Number: 6490260129

General Introduction and the progress of the project

Dear Fr. Marcus, and the Team of the Marcus Malkut Foundation.

Greetings from Nairobi!

We thank you and the board of the Marcus Malkut Foundation for your continued support of our project Empower to Care. In Feb 2023 we submitted an application for this project requesting support for three years. On April 16th, 2023, you approved our project with 13.000 each year 2023&2024 and 11.000 euros for 2025. On May 2nd, 2023, we received 13.000 euros for the first installment.

With the support of the Marcus Malkut Foundation, we designed the 'Empowered to Care' project to help young people take responsibility and realize their values and abilities. We offer various forums and trainings to prepare young people to face the uncertainties and challenges they experience daily and help others by first listening to their peers. Youth realize how difficult it is to give responsibility and power to young people and that is why they decide to join the project.

At the heart of youth empowerment is the belief that young people are capable of incredible things. When they are infused with ideas and opportunities to improve their environment and have the tools to strengthen their self-confidence, they can tackle anything.

It is now seven months since the project started and we would like to send you our first Interim report covering the period from May 2023- December 2023.



During this period, we held 3 trainings reaching out 43 young people from 3 organizations. The youth and these organizations have started a network among themselves.

Project objectives

The following were the objectives of the project:

1. By 2024, at least 3 organizations adhere to the peer education methodology as a tool to effectively support the holistic development of their youth and facilitate activities promoted by their peer educators.
2. By 2026, at least 80 youth around Nairobi will have increased life skills (particularly self-efficacy in emotion regulation, assertive communication, critical thinking, and decision-making) needed to reduce their involvement in deviant behavior.
3. By 2026, 80 peer educators will have increased their sense of belonging to a peer group that aims to improve the quality of life of their peer community.
4. By 2026, 900 youth know and recognize the peer educators as reference persons who help them develop greater resistance to becoming involved in behaviors that put their health at risk.
5. By 2026, 80 peer educators perceive a higher level of support from significant adults in their communities.

Proposed Activities

The following were the activities proposed by the project

1. Creation of a network of at least 3 institutions adhering to the peer education methodology
2. At least 8 training courses on life skills and leadership skills of 60 hours for 8 groups of peer educators (120 participants) aged 15 – 18
3. 3 face-to-face meetings where peer educators from the different associations can exchange experiences and plans for the activities to be carried out in their peer communities
4. Each group (total 8) of peer educators plans and implements at least 2 prosocial activities to benefit their peer communities, involving at least 150 other young people their age
5. Two follow-ups with the peer educators' groups at 6-month and 1-year intervals after the training.
6. At least 16 meetings with 320 adults – educators and caregivers - from various organizations to raise awareness of peer education

Implemented activities to achieve the stated objectives:

In line with the project objectives, the following activities took place.

Goal: at least 3 organizations adhere to the peer education methodology as a tool to effectively support the holistic development of their youth and facilitate activities promoted by their peer educators.

In these first seven months of the project - from June 2023 to December 2023 - the project started in the Nairobi area. Other contacts have been initiated in other dioceses. One area of great impact is the training of new youth leaders in the parishes. These are young people elected by their peers who take responsibility for involving and supporting the youth of the community in social, spiritual, and educational activities. Since this is their first experience of responsibility, they have asked empowered2care for concrete help to strengthen their personal and team skills for servant leadership capable of planning and implementing effective actions for the youth of the community.



Coordinators of Empower2Care with the pastoral Youth coordinator of the arch- Diocese of Nairobi



Empower2care Team with Fr Paul, father in charge of the Divine Mercy Parish, Juja

The project has so far involved three parishes in the Arch Diocese of Nairobi (Divine Mercy Parish, St Augustine Parish Juja, and Christ the King Parish, Githurai) fostering cooperation among the young people from these parishes and involving the deanery's youth chaplain priest. The diocesan youth pastoral office supports the project and recommends the program in the parishes. The next training will include young people connected to the "Missionaries Sisters of Charles de Foucauld" community in Mathare, a poor slam with serious social difficulties and low opportunities for youth development and realization.

Goal: at least 80 youth around Nairobi will have increased life skills (particularly self-efficacy in emotion regulation, assertive communication, critical thinking, and decision-making) needed to reduce their involvement in deviant behavior.

In the three parishes where the course has already started, 43 young people are being accompanied. Some of the young people after a few sessions emphasise that they have achieved greater self-confidence, more sensitive critical thinking and greater empathy. Here is some feedback of the participants:

- *"I benefited a lot from the course because I became a better person."*
- *"The exercises we did opened our minds by making me more capable of considering the different opinions of adults in the parish and opening me up to a form of constructive dialogue with them."*
- *"I would recommend the training for many other young people, it helps to have a positive and courageous approach in life, avoiding bad behaviors."*



- *"Until now in making decisions I relied on my abilities, the training has taught me to involve and consider the opinions of others. I think this openness will bring many benefits in my life and in the life of the communities I live in."*

Goal: 80 peer educators will have increased their sense of belonging to a peer group that aims to improve the quality of life of their peer community.

Increased interaction of the 26 leaders of two pastoral units and greater mutual understanding was one of the outcomes of the course. The first session was held with members of the two pastoral units. This led to mutual support and sharing of the challenges they are facing as youth leaders. In addition, there was the intention to unify, where it was beneficial, activities for the entire pastoral unit composed of several parishes. For example, a youth exchange and listening day, organized by the leaders, proposes greater involvement of young people in pastoral activities.

Goal: 900 youth know and recognize the peer educators as reference persons who help them develop greater resistance to becoming involved in behaviors that put their health at risk.

Significant was a request from the Diocese of Garissa, on the border with Somalia, where two of the peer educators were invited by the bishop for a Peace Education course for 98 teenagers (15 to 18 years old) from the diocese. A much-felt problem in the region is the relationship between the various ethnic communities polarised into two groups, one linked to the Islamic community and one to the Christian Catholic community. While significant steps were taken to get to know each other among adults after the attack on the University of Garissa

in 2016 with the killing of more than 100 students, it was the first time in the diocese that the very young were involved in a process of dialogue between religions. One concrete action of service was the cleaning of the outdoor area of a school for the disabled run by the Islamic community.

Below is the experience of a young Catholic from Empowered2care who participated as animator.

"There is a risk for us young people in Kenya to cling to negative feelings that stem from prejudice or impulses of revenge. I grew up with these negative feelings towards the Muslim community, this was because where I lived people used to believe that Muslims were the ones who organised most of the terrorist attacks. The visit in the community in Garissa, a town a few kilometres from the Somali border, changed my attitude, my heart, and my mind. What struck us most was the effort that the Christians in that community are making to forgive and promote dialogue and mutual understanding. The Catholic Diocese of Garissa is engaged in a process of reconciliation and collaboration with the Somali Muslim community. With Empowered2Care we held a meeting involving the teenagers of the community. This represents a new step in the dialogue because, despite the efforts made, it was the first time that teenagers were actively involved and sensitised, to be convinced peacemakers. In my opinion, the experience was of great impact as it softened and prepared the hearts of the young people for a brighter future for this part of Kenya. The teenagers who participated declared themselves ready to recognise their fellow man who is different in creed or ethnicity, to take the first step in building relationships of friendship and understanding. Aware that to achieve real peace, we need to start a peace process, made up of daily gestures of respect. For me it was an incredible experience, it allowed me to interact with the Muslim community there and changed my perception towards Muslims who became like brothers and sisters to me."

Goal: 80 peer educators perceive a higher level of support from significant adults in their communities.

A concrete consequence resulted from the dialogue and interaction of the young people of a pastoral unit with their matron.





During the months of the course, there was a positive evolution of the relationship with moments of confrontation and dialogue even in conflict situations. The matron appreciated being able to talk about the conflict with mediation by the empowered2Care team. It is a new development for the local culture to be able to address a relational problem openly and assertively, seeking solutions that satisfy both parties. Usually, conflicts are hushed up and avoided, but they remain a latent potential that does not increase mutual esteem and trust. One young man assessed this process as follows: "

We have experienced family life, where we can talk about difficulties, to grow in the relationship. We feel formed and able to dialogue with greater authenticity. We now have greater faith that more mature relationships can be experienced in our Church. We have been accompanied in this process with ease and maintaining an authentic peace."




The young people then set about writing ongoing reports to the parish priests and chaplains of their parishes on their training and activities, demonstrating a willingness to collaborate and seek common purposes with the pastoral council.



Project Visibility and diffusion


The project continues to be visible on various social platforms e.g. [Instagram](#) and [Facebook](#). Financial Report. Some articles have also been published on some websites. One of these includes an article shared on the Spazio Spadoni [website](#) on 1st September 2023. Please find attached a copy of this article in English version.



experience

Sep 8, 2023

Sister Ines recounts the difficulties and the beauty of an experience of mercy Towards the end of June 2023, full of hope and curiosity, I left for Rajasthan, a region located in the far north, on the close border with Pakistan. Our...




MISSIONS

Democratic Republic of Congo: Young People Walking in the Footsteps of Saints and Blessed

Sep 4, 2023

The Baka Group in the Diocese of Uvira On Sunday 13 August 2023, a very significant moment took place in the Parish and Shrine of Saint Mary Mother and Queen in the Democratic Republic of Congo, Diocese of Uvira. The young people of the...




MISSIONS

Kenya: Sarah Otieno and Stephen Thuo, space for the voice of youth

Sep 1, 2023

Young Kenyans launch a project to help peers develop their skills We are young people from Kenya. We share the vision of Spazio Spadoni and have designed the "Empowered2Care" project with some adults to help our peers take...




MISSIONS

A beautiful country where people survive


Jun 26, 2023

Despite wars, looting, disease and accidents I am still in Congo On 3 June 1991, for the second time, I arrived in Kinshasa, the capital of this immense country. I am happy to be here, I now feel like a Congolese. I lived my missionary...




La Parola ogni giorno

Commento alle letture del giorno



Buona Misericordia a Tutti



BUONA MISERICORDIA A TUTTI

Comunità di Vangelo
Domenica 04 febbraio 2024
Marco 1, 29-39

Financial report

Out of the 13.000 euros received, we have already used 6.095 euros and remaining with 6.905 euros to be utilized in the remaining months. Please find attached the financial report (cashbook) with details.

Conclusion

Dear Fr Marcus and the Marcus Malkut Foundation. Thank you so much for the support of our project Empower2Care. We hope this report is satisfactory to you. After the conclusion of the first year, we will share again from our second interim.

Yours



Luigina Stella Tomiola
Coordinator Empowre2Care



Chris Onyonka
Coordinator

Projects Office of the Focolare Movement in Eastern Africa



Project Office, Focolare in Eastern Africa
Transaction Detail By Account
January through December 2023

EMPOWER TO CARE PROJECT					
Expenses Covered by the Grant of Marcus Malkut Foundation as of 31.12.2023					
		Date	Memo	Split	Amount
I.1 - Grants					
I.1.8 - Empower to Care					
		02/05/2023	Grant of Marcus Malkut /Empower to care	B.1 - CBA - Opus Mariae Projects EUR	€ 13,000.00
					€ 13,000.00
Total I.1.8 - Empower to Care					€ 13,000.00
Total I.1 - Grants					€ 13,000.00
E.1 - Projects					
E.1.9 - Empower to care					
1.9.a - Investments					
1 - Computer					
		31/05/2023	EtC laptop printer supply Milliam Solutions EtC laptop print	B.2 - CBA - Opus Mariae Projects KES	€ (623.40)
					€ (623.40)
Total 1 - Computer					€ (623.40)
2 - White Board					
		26/10/2023	Office Sign Board	B.2 - CBA - Opus Mariae Projects KES	€ (18.37)
					€ (18.37)
Total 2 - White Board					€ (18.37)
5 - Others					
		26/10/2023	Mobile phone x Office	B.2 - CBA - Opus Mariae Projects KES	€ (91.84)
		26/10/2023	Cover and Screen Protector	B.2 - CBA - Opus Mariae Projects KES	€ (4.08)
		26/10/2023	Charger	B.2 - CBA - Opus Mariae Projects KES	€ (1.09)
		26/10/2023	Phone protectot	B.2 - CBA - Opus Mariae Projects KES	€ (2.04)
					€ (99.05)
Total 5 - Others					€ (99.05)
Total 1.9.a - Investments					€ (740.82)
1.9.b - Personnel					
1.9.1 - Young Collaborators					
		14/06/2023	Allowance Stephen Wambui	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		14/06/2023	Allowance Elizabeth Otieno	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		06/07/2023	Allowance June XEmpwer to care	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		06/07/2023	Allowance x Young collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		28/08/2023	Allowance x Young Collaborator x August	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		28/08/2023	Allowance x Young Collaborator X August	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		18/09/2023	Allowance September X Young Collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		28/09/2023	Allowance x Young Collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		25/10/2023	Allowance Yound collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		24/11/2023	Allowance x Young Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
		15/12/2023	Christmas Gift Young collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (40.82)
		27/12/2023	Allowance Dec x Young Collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (54.42)
					€ (639.44)
Total 1.9.1 - Young Collaborators					€ (639.44)
1.9.2 - Adult Collaborators					
		22/05/2023	Allowance Lawrence Otieno Osumba	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		25/05/2023	Allowance Millycent A Ongweny	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		25/05/2023	Allowance Faith Lorna Njeri Kamau	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		23/06/2023	Allowance june	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		23/06/2023	Allowance June	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		23/06/2023	Allowance June	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		25/07/2023	Allowance x Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		25/07/2023	Allowance Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		25/07/2023	Allowance Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		24/08/2023	Allowance x Collbatorator x August	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		24/08/2023	Allowance x Collaborator x August	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		24/08/2023	llowance x Collaborator x August	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		22/09/2023	Allowance x Collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		22/09/2023	Allowance Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		22/09/2023	Allowance x Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
		24/10/2023	Allowance Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)

Project Office, Focolare in Eastern Africa
Transaction Detail By Account
January through December 2023

				Date	Memo	Split	Amount
				24/10/2023	Allowance X Collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
				25/10/2023	Allowance Adult Collaborators	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
				09/11/2023	Allowance in advance x Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
				23/11/2023	Allowance Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
				23/11/2023	Allowance XCollaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
				14/12/2023	Allowance x Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (40.82)
				14/12/2023	Christmass Gift X Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (40.82)
				14/12/2023	Christmas Gift x Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (40.82)
				22/12/2023	First installment x Repayment of Loan	Faith Njeri Lorna	€ (102.04)
				22/12/2023	Allowance Dec Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
				22/12/2023	Allowance Dec Collaborator	B.2 - CBA - Opus Mariae Projects KES	€ (102.04)
					Total 1.9.2 - Adult Collaborators		€ (2,571.42)
					Total 1.9.b - Personnel		€ (3,210.86)
					1.9.c - Network of 3 institutions		
					1.9.. - Transport fot Staff		
				26/10/2023	Transport	B.2 - CBA - Opus Mariae Projects KES	€ (13.61)
					Total 1.9.. - Transport fot Staff		€ (13.61)
					E.1.9x1 - Food and Drinks for Meetings		
				19/06/2023	Lunch and Tea Breaks x Meeting	B.2 - CBA - Opus Mariae Projects KES	€ (57.82)
				26/10/2023	Food and drinks	B.2 - CBA - Opus Mariae Projects KES	€ (38.02)
				26/10/2023	Food and drinks	B.2 - CBA - Opus Mariae Projects KES	€ (8.82)
				31/12/2023	Office consummables	R.2.7 - IMPREST -EMPOWER TO CARE	€ (3.27)
					Total E.1.9x1 - Food and Drinks for Meetings		€ (107.93)
					Total 1.9.c - Network of 3 institutions		€ (121.54)
					1.9.d - Training of Peer Educators		
					Consulting Experts		
				24/10/2023	Transport	R.2.7 - IMPREST -EMPOWER TO CARE	€ (13.61)
					Total Consulting Experts		€ (13.61)
					Food and drinks		
				24/10/2023	Food	R.2.7 - IMPREST -EMPOWER TO CARE	€ (2.92)
				26/10/2023	Lunch X staff meeting	B.2 - CBA - Opus Mariae Projects KES	€ (40.82)
				26/10/2023	Food	B.2 - CBA - Opus Mariae Projects KES	€ (6.77)
				26/10/2023	Lunch	B.2 - CBA - Opus Mariae Projects KES	€ (17.01)
				31/12/2023	Lunch for the training	R.2.7 - IMPREST -EMPOWER TO CARE	€ (8.37)
				31/12/2023	Food x training	R.2.7 - IMPREST -EMPOWER TO CARE	€ (10.20)
				31/12/2023	Lunch x training	R.2.7 - IMPREST -EMPOWER TO CARE	€ (34.01)
				31/12/2023	Food x training	R.2.7 - IMPREST -EMPOWER TO CARE	€ (5.75)
					Total Food and drinks		€ (125.85)
					Stationery for Training		
				24/10/2023	stationery	R.2.7 - IMPREST -EMPOWER TO CARE	€ (105.71)
				24/10/2023	stationery	R.2.7 - IMPREST -EMPOWER TO CARE	€ (34.01)
				26/10/2023	Stationery	B.2 - CBA - Opus Mariae Projects KES	€ (8.84)
				31/12/2023	Stationery for the training	R.2.7 - IMPREST -EMPOWER TO CARE	€ (14.00)
				31/12/2023	Stationery for the training	R.2.7 - IMPREST -EMPOWER TO CARE	€ (2.45)
					Total Stationery for Training		€ (165.01)
					Transport for Facilitaors		
				24/10/2023	transport	R.2.7 - IMPREST -EMPOWER TO CARE	€ (3.40)
				24/10/2023	transport	R.2.7 - IMPREST -EMPOWER TO CARE	€ (15.65)
				24/10/2023	transport	R.2.7 - IMPREST -EMPOWER TO CARE	€ (6.80)
				24/10/2023	transport	R.2.7 - IMPREST -EMPOWER TO CARE	€ (13.61)
				31/12/2023	Fuel	R.2.7 - IMPREST -EMPOWER TO CARE	€ (6.80)
				31/12/2023	Fuel	R.2.7 - IMPREST -EMPOWER TO CARE	€ (6.80)
				31/12/2023	Fuel	R.2.7 - IMPREST -EMPOWER TO CARE	€ (6.80)
				31/12/2023	Fuel	R.2.7 - IMPREST -EMPOWER TO CARE	€ (6.80)

Project Office, Focolare in Eastern Africa
Transaction Detail By Account
January through December 2023

				Date	Memo	Split	Amount
					Total Transport for Facilitators		€ (66.66)
					Total 1.9.d - Training of Peer Educators		€ (371.13)
					1.9.h - Awareness creating for adults		
					Subcontracted Experts		
				26/10/2023	Contributio for Expert	B.2 - CBA - Opus Mariae Projects KES	€ (6.80)
					Total Subcontracted Experts		€ (6.80)
					Total 1.9.h - Awareness creating for adults		€ (6.80)
					1.9.i - Project Administration		
					Contingencies		
				13/07/2023	E2C Office cleaning materials	B.2 - CBA - Opus Mariae Projects KES	€ (47.62)
				26/07/2023	Fuel	B.2 - CBA - Opus Mariae Projects KES	€ (17.01)
				27/07/2023	Tea and Lunch	B.2 - CBA - Opus Mariae Projects KES	€ (37.41)
				28/08/2023	E2C Inv 5 23 Computer screen repair HI TECH SYSTEMS	B.2 - CBA - Opus Mariae Projects KES	€ (73.49)
				24/10/2023	Rooter wifi	R.2.7 - IMPREST -EMPOWER TO CARE	€ (17.01)
				26/10/2023	Office Doormat	B.2 - CBA - Opus Mariae Projects KES	€ (13.61)
				31/12/2023	Mpesa charges	R.2.7 - IMPREST -EMPOWER TO CARE	€ (1.02)
				31/12/2023	Airtime purchase	R.2.7 - IMPREST -EMPOWER TO CARE	€ (0.82)
					Total Contingencies		€ (207.99)
					Sharing office space		
				24/10/2023	Office rent for 4 months(June July , august and September 2023)	R.2.7 - IMPREST -EMPOWER TO CARE	€ (136.05)
				26/10/2023	Rent of Premises x Empower to care	B.2 - CBA - Opus Mariae Projects KES	€ (34.01)
				07/12/2023	Rent for Nov and Dec 2023 x Empower to care	B.2 - CBA - Opus Mariae Projects KES	€ (68.03)
					Total Sharing office space		€ (238.09)
					Total 1.9.i - Project Administration		€ (446.08)
					Total E.1.9 - Empower to care		€ (4,897.23)
					Total E.1 - Projects		€ (4,897.23)
					E.4. - Overhead Costs		
					E.4.1. - Staff		
					E.4.1.x - Salaries		
				02/05/2023	Payment to the accountant	I.1.8 - Empower to Care	€ (517.00)
					Total E.4.1.x - Salaries		€ (517.00)
					Total E.4.1. - Staff		€ (517.00)
					E.4.2. - Office Costs		
				02/05/2023	General administration of the project office	I.1.8 - Empower to Care	€ (511.00)
					Total E.4.2. - Office Costs		€ (511.00)
					E.4.7. - Auditing costs		
				02/05/2023	Contribution to Audit (1 %)	I.1.8 - Empower to Care	€ (170.00)
					Total E.4.7. - Auditing costs		€ (170.00)
					Total E.4. - Overhead Costs		€ (1,198.00)
					Total Expenses		€ (6,095.23)
					BALANCE		€ 6,904.77